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THE MOUTH OF THE RIVER

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Hope for Haiti



Sara Usher
News Writer

Bodies lined the streets as people ran by shouting for help. A little girl about five years old had a cardboard box over her face and lay motionless. News reporters often went silent after describing sights such as these as Anderson Cooper did on CNN the morning after the quake. This terrible event has left many people around the world wanting to help but not knowing how. A little effort can go a long way and there are so many opportunities to help a poor country like Haiti.

Haiti has a population of about 9 million people. A third of those people were affected by the earthquake. There have been 150,000 confirmed deaths but an additional 50,000 are also estimated to be dead but unfound. There will be more deaths to come due to infection and other injuries because of the quake. Before the quake there was 1.5 million homeless people living in Haiti and the earthquake has added an additional million people to be left homeless. The US government has donated \$316 million, but there is a need for more. Private charities in the U.S. have donated \$470 million so far. Haiti really is not that far away from America and many people have close ties to those in Haiti. There are currently 4,800 Americans still missing in Haiti and 60 have been confirmed dead.

There are many ways you can help at the Oyster River High School. One way would be through the Haitian Health Foundation Club (HHFC).



Haitian Children in a village outside of Jérémie, Haiti

Cofounder of the HHFC, Sarah Carey, commented “We started this club because when we came back from

Haiti we realized we could help.” A lot of effort here could go a long way. Thus far the HHFC has raised over \$800 and are in the process of purchasing a “Happy House”. A “Happy House” is a concrete home with a tin roof and windows and doors. It takes the place of the usual shacks which people live in with many other people. Four hurricanes hit Haiti in 2008 and the shacks they live in do not stand a chance against the harsh weather conditions.

The group is now raising money for earthquake relief. There are many ways people can help. The club is selling ribbons with Haitian colors on them for just one dollar! They also have a presence at every varsity basketball game. The shooting star fundraiser is fun and profitable. You simply buy a star for a dollar and at half time throw the star into the center of the basketball court. If your star lands in the Bobcat’s mouth then you win half of the profits. The other half goes to earthquake relief.

Sonia Ginsburg, an active HHFC member and senior at ORHS, said “Well I believe that those who are more fortunate have the responsibility to help those that don’t have the means to live. Right now the people in Haiti are facing a situation where an outside force which they have no control over is threatening their means of survival and to stand by and watch that happen without taking action is disgraceful. Some people have so much more than they need, so why can’t we make small sacrifices to give someone a better shot at life?” It really comes down to who wants to take that extra five seconds or drop that extra change to help others.

Haiti continued on pg. 2

The Death of Innocence: The Story of Charles Opiro

A Mouth of the River reporter interviews a former child soldier. (Page 20.)



Alex Buck
News Writer

Is UNH Safe?The Inside story.

You have a 1 in 280,000 chance of being struck by lightning. You have a 1 in 649,740 chance of getting a royal flush in poker. You have a 1 in 31 chance of having twins. You have a 1 in 11.5 million chance of being bitten by a shark. However what is your chance of being assaulted in your home college town?

The University of New Hampshire which is situated in the quaint town of Durham, NH has always been known as seemingly calm and peaceful University with its beautiful red brick buildings and natural landscapes. Although as the sun sets the University starts playing by a whole new set of rules. Over the past couple of months there have been a unusually frequent amount of assaults and campus emergency alerts at unh. This past fall semester alone there have already been five campus wide alerts issued at the University. In addition the UNH police have issued another 6 safety information messages warning UNH patrons of potential dangers. Over the past few of years the crime rate at UNH has decreased but this recent spike of crime has created new speculation to why this is happening.

In College and University campuses brawls and bar fights are inevitable however at UNH something

else is being experienced this year. From 2005 to 2007 there were no recorded aggravated assaults on the UNH campus. This semester there have already been three occurrences of aggravated assault on campus. The first attack occurred on September 6th where a male student was assaulted just in front of Stoke Hall. The second attack occurred on October 11th; a male student was assaulted and robbed on the stairs near the New England Center. The third and most severe attack occurred Halloween night near Stoke Hall once again. The male student was assaulted by three males, suffered significant facial injuries, and was needed to be hospitalized. The severity and frequency of these crimes have caught the eyes of the public and question’s like, “should we be worried about this?” are starting to be asked. However according to some UNH police officers it looks a lot worse than it is.

UNH continued on pg. 8

OVERHEARD OF THE ISSUE:

“I wish I had four bags of clay instead of my four children.” -Mr. Lawrence

Overheards continued on back page...

Haiti (Continued from page 1...)



Sara Usher
News Writer

our neighbors. You can buy ribbons and stars and or donate to a charity you feel comfortable with. The earthquake did not make Haiti the poorest country in the Western Hemisphere, time passing without help did.



A typical classroom in Haiti

Facts and Figures

THE TOLL

150,000: Latest estimate of the death toll, from the Haitian Health Ministry. The European Union and the Pan American Health Organization, which is coordinating the health-sector response, have estimated the quake killed 200,000 people.
194,000: Number of injured
134: Estimated number of people rescued by international search teams since the quake

THE EFFECT

9 million: Population of Haiti
3 million: Estimated number of people affected by the quake
1.5 million: Homeless people living on streets, including the thousands who lived in slums or makeshift homes prior to the quake
235,000: People who have left Port-au-Prince using free transportation provided by the government. The number who left by private means is undetermined.
At least 50: Aftershocks of magnitude 4.5 or higher that have hit Haiti since the January 12 quake

THE CHILDREN

300,000: Children younger than 2 who need nutritional support
90: Percentage of schools in Port-au-Prince that have been destroyed
497: Haitian orphans who have been evacuated

THE RESPONSE IN DOLLARS

\$1.12 billion: International aid pledges
\$783 million: Funds received as of Tuesday
\$317 million: U.S. assistance as of Monday

EFFECT ON FOREIGNERS

12,000: U.N. workers in the country at the time of the quake
53: U.N. workers still missing
At least 82: U.N. workers confirmed dead
27: U.N. workers injured or hospitalized
11,500: Americans and family members who have been evacuated
4,800: Americans unaccounted for
60: Americans confirmed dead



An arial view of Port Au Prince, Haiti June, 2009

All pictures were taken by me. I traveled to Haiti in June, 2009 on a medical trip with a group of doctors, dentists, and other volunteers from the Seacoast area. Haiti is a beautiful country with a very troubled past. I learned a lot about the history when I was there. It was an important experience that was truly eye opening. I was mainly shocked by two things. The amount of poverty and the incredible spirit of the people. I came back with the thoughts that Haiti is a country full of potential. They have about 80% of the population ready to work and a land built for tourism. The earthquake only added to Haiti’s already present problems. I hope to return soon.

Better Late Than Never



Alex Buck
News Writer

As the ceremony come to an end caps fly into the air, shouts of joy are bellowed, and the smell of cigars fills the air. This is an experience that graduating seniors only experience once and marks the end of their high school lives. However for the graduating class of 2010 at Oyster River High School graduation will be hotter. So bring your fans and water.

This year at ORHS the graduation date has been scheduled for June 18th, the latest it’s been in Oyster River History. Graduation for the past two years graduation were held on the 13th of June in 2008 and on the 12th in 2009. Also the determined date of 2011 graduation is on the 10th of June next year. The cause for such a later date this year is because of a rule mandated by the state of New Hampshire. After the tremendous ice storm that hit New England last year that left schools closed for multiple days, the state mandated that New Hampshire schools must incorporate five extra snow days in their schedule. Originally the graduation date was planned to be the 11th a date supported by ORHS principal, Laura Rogers. The 11th date incorporated only 4 of the 5 snow days but Rogers stated that the extra day, “could easily be made up with a Saturday community service activity or barbeque like last year.” However the School Board decided to move graduation back a week to completely incorporate the extra five snow days mandated by the state.

Many Oyster River Seniors are outraged by such a late graduation date. ‘I was pumped to get out of school early,” said senior, Ricky Owuor. In the eyes of many seniors it is a tradition for seniors to graduate before school ends for the rest of the school. “It’s one of the perks of being a senior,” continued Ricky. However this year that tradition might be threatened. Because of the way our schedule has been fashioned this year there are many outcomes for what will occur at the end of the year, all depending of snow days. If there are many more snow days the district will not be out of school before graduation and seniors will only have a couple of days between the end of senior finals and graduation. If no more snow days occur the district will be out of school before graduation however seniors have the potential of having nearly a full week break between senior finals and graduation.

Too Cool for School



Ben Belanger
News Writer

Students leave Oyster River High School every day. The consequences are relatively high, but for some it is worth the risk. Principal Rogers believes it is easier to leave school than you may think. Just how easy is it for students to leave, and how many actually get caught?

“The majority of them don’t get caught,” said ORHS Principal Laura Rogers. According to Senior Ricky

Owuor, upwards of 5 students leave the high school per day. “I literally left every single day last year,” said Owuor. Resource Officer Sean Dolliver believes that Ricky may be low-balling. “I’d say about 5-10,” said Dolliver.

Dolliver believes that it is “very easy” for a student to leave ORHS unnoticed for a few reasons. “It’s a big school and there’s lots of free space,” he explained. “And the staff here generally likes to trust that kids will do the right thing.”

Junior Katti Phetakoune is no amateur when it comes to leaving school. “I used to do it all the time freshman year,” explained Phetakoune. “I never got caught once.” Phetakoune entered and exited through scarcely-used

doors, never with any trouble.

If Phetakoune had been caught just once, according to Assistant Principal Sara Wotton, she would have faced some serious consequences. “After the first offense, you get an automatic in-school suspension,” said Wotton. Had she been caught more than once, she would have been given an out of school suspension or possibly worse.

The punishment may seem a little harsh, but according to the administration it’s nothing in comparison to what they have to deal with when a student leaves school. When a student leaves school the school is still responsible for that student until they call their parents, according to Rogers. This is a problem especially when students leave without being noticed.

Although some may view it as a problem, others view it as yet another reason for open campus. “Open campus would definitely be a good idea,” explained Junior Evan Schultz. “I think since it’s a privilege people would be more responsible and honest.” a proposal which could possibly come into effect as early as this year.

It is commonly believed that open campus would end the issues of students leaving school, but the true effects may only be discovered after the decision has been made on open campus.



Junior Mike Bilynsky buying a breakfast sandwich at Franz’s Food in Downtown Durham

Hooligans:
Skipping School with
Michael Bilynsky

After getting permission from both parents and teachers, Junior Mike Bilynsky and I put the faculty and administration to the test to see just how difficult it is to leave ORHS. I’ve never had the guts to skip school, but it can’t be that hard, right?

9:32 - Bilynski and I leave French class and walk out of the school. According to Principal Laura Rogers, we should be on the lookout for custodians. Some unfortunate students are caught simply by walking past the wrong custodian. On our way to my car we pass two custodians and give a friendly wave to each. It almost seems too easy.

We get into the car and head out. After pulling out of the “do not enter” exit, we get on to Coe Drive, headed downtown.

I park the car at Store 24 and we make our way towards Rite Aid. After some delicious Arizonas, we walk up to Franz’s for some breakfast. Mike orders his usual breakfast wrap and I order a grilled chicken sandwich. At a time when I would normally be reciting French words and phrases, I’m instead reciting the ingredients I’d like on my sandwich.

Rogers said another area where students are generally caught is either going past the SAU or the middle school. We drive by without any trouble and pull back into the high school, driving right past the office windows. I park back in my spot and the two of us walk into the school through a conspicuous door.

10:17 - iced teas in hand, we walk through the hall back to French class, passing several teachers and faculty on our way.

“Open campus would make it so [students] leave without any trouble for the administration,” explained Junior Geoff Lee. “But if we stay closed-campus, this kind of stuff is going to keep happening every day.”



Bilynsky eating his sandwich at 9:50 AM - halfway through his normal French 4 Class.

\$10,000 Cameras - Were they Worth it?



Ben Belanger
News Writer

The cameras have been in place for half a year - but were they really worth the \$10,000 investment?

Sara Wotton, Assistant Principal at Oyster River High School, thinks that the cameras have done what they were intended to do. Although students may not understand the true value of the equipment, it has helped out greatly in many situations. “The cameras have helped recover

lots of things that kids lost,” says Wotton. “They usually think it’s stolen but we go back on the cameras and find out they just misplaced it.”

Senior Ricky Owuor is one of the students who the cameras have helped. “I lost my iPod once,” explained Owuor. He immediately went to Principal Laura Rogers, knowing that he had it up to B-period. “I watched the cameras for a while and ended up finding my iPod.”

Landon Curtis, an ORHS junior, has a very different viewpoint towards the cameras. “I can understand why [the administration] would think cameras might be necessary, but at the same time it doesn’t instill trust in us at all,” explains Curtis. “It isn’t fair - it’s not right.”

ORHS Health Teacher, Rob Quaglieri, believes

that although students generally feel that they have less privacy, the cameras’ usefulness is worth the tradeoff. He defends his statement with a question - “does it provide safety to the whole school? Yes,” said Quaglieri. He has noticed a positive change in behavior in ORHS students this school year, which he believes is due to the cameras being installed.

Curtis believes that although the administration had the

right ideas, they just aren’t utilizing the cameras to their full potential. “They aren’t thinking. They aren’t putting them in the right places.”

Curtis may be right about the placement of the cameras. There are few cameras pointed on the outsides of the building and none pointed at the main exits. There are a few placed in the parking lots, but as one senior experienced, there aren’t even any on the outside of the front door. Alex Walnicki had his bike vandalized feet from the front door of the school, but no camera caught the perpetrator.

According to Rogers, the main reason for this is the budget for the cameras. Outdoor cameras need to be weatherproof, which are much more expensive than indoor cameras. There are, however, several cameras placed pointed towards the parking lots, which have proven to be useful. On two occasions, cars were damaged in the parking lot without explanation. The owners went to Rogers and both found out what had happened to their cars, saving a total of around \$1200.

Although they have only been in place for half the year, some students such as Owuor believe the cameras were well worth the money. “I definitely think they were worth it,” said Owuor. For others, the true value of the cameras has yet to be seen. 6 months is not quite enough time to judge the investment, but time will tell the cameras’ true value.



Junior Bridget Regan grabbing an iPod from the junior core with a camera watching.

Congresswoman Carol Shea-Porter on Education



Ben Belanger
News Writer

The students and alumni of Oyster River have made it clear that some changes need to be made to the American education system. ORHS Graduate and NH State Representative, Carol Shea-Porter is looking to make some big changes on Capitol Hill that may greatly affect these students. In a recent interview with Shea-Porter, she outlined to me some of her accomplishments and a few projects that she’s working on.

It is clear that education is an area of concern for the Congresswoman. A member of the House Education and Labor Committee, the Congresswoman has been working hard to give every student the chance to go to college. “One of my biggest priorities in Congress is to ensure that every student has access to an affordable college education,” said Shea-Porter. “In my first term, I was proud to see both the College Cost Reduction and Access Act and the Higher Education Opportunity Act signed into law.” According to the Congresswoman, who co-sponsored both, these two bills put a significant investment towards education and financial aid.

Last year, the house also passed the Student Aid and Fiscal Responsibility Act, or SAFRA. This bill will increase the dollar-amount of the Pell Grant each year, provide funding to community colleges, simplify the Financial Aid

form and invest approximately \$1.2 billion into historically Black and minority colleges.

The Congresswoman believes that there are a few changes in school that still need to come, but believes many of these changes are already underway. “We are promoting and investing more in technology for students, and that is extremely important,” said Shea-Porter. “However, we members of the House Education and Labor Committee have heard a great deal of testimony about a decrease in reading and writing skills, and I am concerned about that.” The Congresswoman also hopes to see the addition of more civics classes into high schools.

Shea-Porter, a UNH grad, believes that the skills that she learned there and at ORHS are very important to her life. “I use them more than I ever thought I would!” said the Congresswoman, referring to the skills that she gained at these schools. Shea-Porter highlighted the writing-skills necessary for her job as of critical importance. “I write about a variety of topics, and my high school education was my foundation for learning.”

Whether you agree with her politics or not, Congresswoman Shea-Porter is attempting to make a positive change to education that may soon be felt right here at Oyster River. “I knew that Congress was the place where I could have the biggest impact on all of those issues that I care so much about,” said Shea-Porter. “I want to keep serving the people in New Hampshire’s First District for a long time.”



Chickens, Streakers and Porn



Erik Frid
News Writer

Imagine you’re eating lunch with your friends as if it was any normal day. You look up to listen to your friend talk, when all of the sudden you see a flash of someone running by, wearing their birthday suit. As you question the possibility of the absurd image that has burnt itself into your retinas, you turn to get a full moon view of a streaker’s behind quickly making its way through the cafeteria.

As strange of an event as this may be, in fact it has happened twice in Oyster River High School’s history. One the time the streaker was wearing a Darth Vader mask and Former Student Resource Officer Ed Levesque chased him down Coe Drive. The other time the streaker wasn’t masked. “When they asked [Cafeteria Lady] Loretta Langley,” said Office Worker Lisa Richardson, “who it was that ran through she said, ‘I don’t know. I didn’t look at his face.’”

As the end of the school year quickly approaches we enter “Senior Prank Season.” The members of the Class of 2010 have been dreaming up ideas since elementary school. The question is how this

year’s prank will stack up against past years and will there be need for any discipline consequences?

Senior Pranks of the Past

In the late 1970s, Oyster River High School had many senior pranks, but the one 1977 graduate Jon Rasula remembers the most consisted of hoisting the flag of a certain plant in front of the school. “Well, having smoked a lot of you-know-what back then,” explained Rasula, “we thought [that] we might get our own flag raised up the pole before the janitor...I being an art student, designed a marijuana cluster on a full sheet; painted on both sides so it would be quite visible and actually managed to get there and hoisted it before anyone else showed up.”

More recently pranks have included painting the covered walkway that used to be in the front of the school pink, putting lawn furniture on the roof, and spreading porn filled eggs in freshman hallway. Towards the beginning of the 2000s they put the numbers, one, two, and four on chickens and released them in the school. The faculty spent the day looking for non-existent chicken number three. “I had to take a couple of chickens home,” said Oyster River Assistant Principal and bird hunter Sara Wotton. Another occasion when Wotton had to take home birds was in 2007 when the seniors released quail in the junior core. “We have a quail pen out back so I just put them in there,” explained Wotton. Other animal pranks have included releasing mice into the crowd at the award ceremony and flipping the skylights over and filling them

with water and goldfish.

The library also has its own history of senior pranks. Most recently in 2008 a group of seniors broke into the library and re-arranged the shelves and books. Although nothing valuable was stolen it created a lot of work for Librarian Wally Kenniston. “I spent 200 extra hours of work that I would have rather not been doing,” said Kenniston.

Possibly the most famous Oyster River prank due to its nature was the pornography being put in the library books. “Our senior prank was pretty funny and is still in affect at present,” said Oyster River High Class of 2005 Graduate Sean McLean. “We cut out tons of pornographic pictures (the dirtier the better we thought) and put them in random books throughout the library. A lot of people were involved so there are still a lot of books with random porn in them throughout the library. I remember some of the books I put them in hadn’t been checked out since the 70’s...so maybe they won’t be found for another 30 years.”

“We cut out tons of pornographic pictures (the dirtier the better we thought) and put them in random books throughout the library.”
-ORHS Class of 2005 Graduate, Sean McLean

Discipline Matters

Last December when a planned food fight was foiled the administration reacted by sending out an email outlining severe consequences for initiating or taking part in a food fight. These consequences don’t seem to apply to senior pranks. Oyster River High School Principal Laura Rogers said that it’s incredibly rare for students to be punished due to senior pranks. She said that once when she worked at Londonderry High School a student almost didn’t walk at graduation because they broke in, but besides that there haven’t been discipline issues. However, Rogers does draw a line when it comes to senior pranks. “I think senior pranks are funny as long as nobody is hurt, nothing is destroyed, and no one has to do extra work.” As for the explicit pictures in the library books she said, “The porn one in the library books was cheesy.”



On two sepearate occasions Oyster River High School has had streakers run through the cafeteria.



Wasting Time:
Survey Shows ORHS Students Unhappy with Education



Ben Belanger
News Writer

You go to school about 1,300 hours per year. That’s roughly 52 full days - about 1/7th of your year. How would you feel if each year 26 of those days were completely wasted? To put things into perspective - by the time you graduate this would accumulate to 338 wasted days, or approximately a full year of your life. That’s quite a loss. But, that’s what most Oyster River students seem to think is true.

“...in some classes, the curriculum just isn’t all that important,” said Curtis. “It’s useless”

According to a survey of approximately 250 students taken at Oyster River High School, about one half of the students believe that only 26-50% of the information that they learn at school is important to them – ruling the other 50-74% irrelevant. The same percentage of students said that they spend only half of their day actually *learning*. What does this information show about the school district, the faculty and the American education system?

ORHS Principal Laura Rogers believes that it proves nothing. Rogers has a hard time comprehending these results, as nowhere in the survey did students have an opportunity to voice where they believed their education was lacking.

Landon Curtis, an ORHS Junior, helped clear that matter up. “The majority of the classes [at ORHS] are a must have,” explained Curtis. “But in some classes the curriculum just isn’t all that important. It seems useless.”

Curtis brings up an interesting point – some classes really are a must-have. The state controls a lot of what goes on in schools, including which classes they must teach. “Classes that some people might think aren’t important, let’s take biology for instance,” explained Rogers. “Biology is a state requirement – it’s designed to give you a basic understanding that will help in a college-level biology course.”

Math tends to be the class that students find most irrelevant to their plans after high school. This applies to ORHS Sophomore, Tom Gehling who is considering possibly studying to become a physical therapist. “I don’t think in my future I’m going to do anything with any of this stuff,” said Gehling about his experiences in math class.

ORHS Seniors Sarah Carey and Alli

Hobbs have similar viewpoints to Gehling. “I wouldn’t say the majority [of my classes] are relevant,” said Hobbs, who plans to be a doctor. “It’s kind of hard to say until I’m actually living – until I need to use that knowledge.” Carey agreed, and pointed out that some of her English courses seem irrelevant.

Survey results proved that ORHS students are clearly unhappy with their education. There may be several reasons that go into this discontent, but TIME magazine has one theory – that this may have all started when students were as young as 6 years old. According

to the November issue of the magazine, there has been a significant change in young students’ habits. Since 1981, free time for 6-to-8-year-olds has dropped 25%, while homework has more than doubled. ORHS English Teacher, John Monahan, believes that this change, although partly positive,



Students taking notes in Mr. Nichols’ math class. Many ORHS Students feel that math is the course least relevevant in their studies.



Junior Margot Martin working on her French 3 Final Exam. 49% of ORHS students say that they only retain information they are taught until they are tested on it.

So, what can a school do to make students feel like their education happier with their education? Some schools, such as Oyster River, are opening up new opportunities to students interested in learning skills that are not offered at the school itself. Through programs such as the vocational education program and the new internship program offered through ORHS, students can gain credit in a variety of different ways that they find to be more relevant to their future than normal classes. Guidance Counselor Kim Seaman helped initiate the new internship program at the high school – a program that allows students to gain credit by doing an internship at a job that interests them rather than sitting in a classroom. “Learning doesn’t always have to happen in a classroom,” said Seaman. “There are changes going on right now to allow students to gain credit in more creative ways.” Students also have the opportunity to take classes at UNH or Community Colleges to gain credit. A program called Project Running Start allows students to simultaneously get high school and college credit for taking a college-level class. Rogers believes that students just do not realize the opportunities that they have open to them.

Schools make money through the taxpayers. With the economic downturn, schools are receiving less funding and are being forced to make cuts – cuts that inevitably worsen education. Rogers has an interesting view on this matter. “One thing that I always find interesting is that the taxpayers are always willing to shortchange education,” said Rogers. “But these people are perfectly willing to pay for prisons full of un-educated inmates.” According to Rogers, the price per year to the taxpayer per prison inmate is roughly \$26,000. This means that it costs nearly double to

“...taxpayers are always willing to shortchange education,” said Rogers

may be having a negative effect on children. “I can understand why they do it,” said Monahan, discussing teacher’s reasoning for more work. “The sad part of the deal is that most skills in math and English are learned and mastered pretty early in life.” Monahan pointed out that it has been proven that young kids have a much easier time learning things such as math and English. “But at the same time, it takes away from the carefree nature of a little kid.”

Rogers believes that this drastic change in the pressure put on students by schooling may have an effect on high school students, as well. “The amount that [high school students] are expected to know has increased so much, and it puts a lot of pressure on you guys,” explained Rogers. “You’re less sheltered and you’re expected to be able to deal with this vast amount of information in a mature and respectful way.”

house a prison inmate for a year than it costs to educate a child for a year.

School is an inevitable part of the life of an American. For many students, it will always be viewed as a chore - a task that one must complete in order to go on to the next step in their life. However, by opening new doors into internships, schools are helping students determine earlier in their life what information they want to focus their attention on and what information may just not be relevant to them. By presenting students with new technology, school becomes less of a chore and engages an entirely new group of students. “I think we’re doing a pretty good job,” said Rogers, hopeful for the future.



Students in a computer class using a new SMART interactive whiteboard, one of the changes schools are making to engage new students.



Alex Buck
News Writer

Battle Royale! Fight for the Budget

As budget season for the Oyster River School District nears the end, things begin to heat up and conflicts arise. On February 2nd, 2010 the first of two deliberative sessions occurred at Oyster River High School in the auditorium. The first deliberative session is put in place to determine what articles are put on the ballot. During the deliberation session different school board members explain the articles presented and then the public present are welcome to make comments, ask questions, or propose amendments to the articles. Once all discussions are finished all those who are eligible vote to either put the article on the ballot or not. This year there were 7 articles proposed for next year’s Oyster River District budget all of which were passed. However not all articles were passed with no concerns or conflicts.

The two articles that created the most conflict of the night were article 4 and 5. The two articles correspond with the proposed TIP and CIP for 2011. CIP standing for Capital Improvement Plan and TIP standing for Technology Improvement Plan are sums of money set aside to improve certain aspects of the facilities belonging to the District. For the 2011 budget there is a proposed CIP of \$253,000. One portion of the CIP challenged by many taxpayers is a sum of \$9,000 that will be used to install addition cameras at the High School. Tax payers like Seth Fiermonti asked the board if additional cameras are really necessary. The proposed \$95,000 TIP for 2011 will be used to rewire the SAU and upgrade the phone system. Controversy arose concerning the TIP when Taxpayer Martin Castle claimed that rewiring the SAU to a CAT6 system would have a minuscule improvement. Seth Fiermonti also challenged the proposed \$15,000 for the rewiring of the SAU and called for an amendment to the article that would eliminate the \$15,000 from the TIP budget. The amendment was supported by many taxpayers within the auditorium however it did not gain the majority and is still incorporated in the proposed 2011 TIP.

Among the many taxpayers displeased with next year’s budget and high taxes was Durham resident Roger Spiedel, an advocate for 0% budget increase. He has attended multiple school board meetings and on February 2nd spoke against the school board and the budget. Not knowing where exactly his tax money was going to, Spiedel called for “an audit for the entire school system budget.”

The finalized budget for the 2011 school year for the Oyster River District is \$38,767,019. One major reduction in this year’s budget is a custodial position. A cut of this type will save the school a sum of \$55,000. The staff member who will unfortunately be cut is the least senior member present, in simple words the newest worker. This year the custodial staff finds themselves working past their mandated hours while gaining no over time. With one less staff member for next year the custodial staff will have to do more work but in the same amount of time. So how will they be able to do this? “It is up to the kids,” stated Oyster River High School principal, Laura Rogers. One of the reasons why it takes the custodial staff so much time to clean the High School is because of the amount of trash and vandalism left by students. The responsibility lies with the students to do their part and keep the school clean during these hard economic times.

Voting Day

March 9th 2010

Locations:

Town of Durham at Oyster River High School,
Town of Lee at Lee Safety Complex, Town of
Madbury at Madbury Town Hall



Sara Usher
News Writer

Lock It Up

The days of sticking notes in your friends lockers, stealing their books on April Fools Day and decorating with streamers and bows on their birthdays is now over.

Lockers have had multiple problems this year. The freshmen have been moved into lockers all around the school and since the upperclassmen like their space they have been kicking freshmen out of the lockers. Also people have been storing inappropriate objects in random lockers and of course there is the constant issue of leaving food in lockers. The administration does not want to deal with the constant problems caused by lockers anymore so everyone will be getting locks on their lockers. The locks will be paid for and provided for you by the school. Students will be forced to return to their assigned lockers. Assistant Principal of ORHS Sara Wotton commented, “This year the problems have heightened and we had the funds so that is why we are doing it this year.”

The current seniors are used to choosing their own lockers and keeping them. This somewhat random change would most likely cause chaos among them. “I’m not going to make the seniors move, the problem that has erupted doesn’t have to do with them. However I would like them to keep the core cleaner since we now have one less janitor,” said ORHS Principal Laura Rogers. According to Rogers seniors can keep their lockers if they create a list of where everyone’s current locker is.

The response from the students is not a good one. Students don’t exactly respond to change well in situations like this. “I don’t like it whatsoever at all. We’ve had the same lockers all year so if they were going to change them they should’ve done it a long time ago,” said ORHS Junior Jack Lewis.

While some students expressed shock and outrage upon hearing the news about lockers, teachers have been aware of the recent problems and coming change. “It’s upsetting to me that freshmen get kicked out of their lockers. I have a kid coming into the high school next year and I think what if that happens to her?” said ORHS teacher Wendy Gibson. However, Gibson does understand the students’ perspective. “I can see why that is upsetting to students and I realize the implications will take longer to get to class.” However, the discussion at the recent faculty meeting seemed to suggest that the 5 minute passing will not be extended.

Though the idea of locks on all lockers is not popular it is happening. On the bright side you won’t have to worry about things being stolen out of your lockers or someone putting something in your locker which isn’t yours. The locks have been purchased and people will be moving after February break. If seniors can generate a list to present to Mrs. Rogers then they can keep their lockers but everyone else must move back to their assigned lockers.



Open Campus Closer Than Ever



Erik Frid
News Writer

Up until the late 1980s Oyster River High School had open campus, but then it disappeared for 30 years. Now Oyster River High School is closer than ever to getting open campus once again. Using ideas from three local schools open campus policies Oyster River High School Senior Senators Prerana Nanda and Emily Sherry have now completed an open campus proposal.

The proposal if passed in current form would make it possible for juniors in their second semester and seniors to be able to leave during their free periods. Students would be prohibited from leaving during the 30 minute lunch, unless they have E period free, to prevent traffic issues and people rushing to get back to school on time. In the proposal, open campus is a privilege with requirements of students. Nanda says that having requirements will give students an incentive to try harder in school. These requirements in the proposal are academic, disciplinary, and for juniors on success in the NECAP testing. The administration is allowed to give a student open campus even if they haven’t reached all of the specific requirements mentioned in the proposal (see sidebar), if the administration feels that the student is trying their “hardest.” In the case of NECAP scores, Principal Laura Rogers will know how hard students are trying, because teachers who monitor the test taking sessions have been writing down the names of students who weren’t trying. In the case of grades, Rogers would rather have students staying at school and spending time to improve their grades as opposed to leaving during a free period. Eligibility for open campus privileges also, would be reassessed at various points throughout the year. Students would also have to get a parents signature to be granted open campus. With a parents signature it removes most liability the school has over the kid when they are off school grounds.

Nanda and Sherry presented the proposal to the PTO where despite the overall approval for the idea of open campus several issues about the proposal. Problems that were raised by concerned parents included the lack of restriction on open campus privileges in bad driving conditions or bad weather and the amount of extra paper work that comes along with adding open campus. Another issue that parents had a problem with was about the requirements for open campus privileges. “For some kids that definition of excellence is unattainable and they try hard and are good kids,” said Oyster River Parent Marjorie Wolfson.

Along with presenting to the PTO, the senate also sent out a survey to all the parents throughout the district to get their ideas. “Between those two sources we’ve got a lot of great comments.” said Nanda, “[We got] both things to think about or reconsider as well as things we hadn’t even though of in drafting the proposal.” Nanda added

that some of these suggestions will be put into a new proposal and then it will be completely finished. Then the proposal will be presented to the school board and then formally proposed to the superintendent, Howard Colter, and the attorneys involved. If Colter feels it’s necessary then he will defer the proposal to the school board to be voted on.

Assuming everything stays on track open campus would be implemented by the end of the year. However, it is more likely that it will have to wait until September. “I would rather have it go in next year and do it right,” said Nanda to the PTO, “than [wrong,] get it this year...and end up losing it for another 30.”

Would You Have Open Campus?

You would be eligible for open campus if...*

1. You are a junior in your second semester or a senior.
2. You maintain a cumulative GPA of a 3.0 without failing any classes in the past marking period. Also juniors must have gotten proficient in reading, writing, and math on the NECAP.
3. You haven’t been involved in any serious disciplinary violations.

You could lose open campus privileges by...**

1. Showing up tardy when returning from off campus. Students would be expected to arrive five minutes before their next class. The first offense would result in a warning, the second, loss of open campus for a week, and the third offense would be a loss of open campus for the rest of the academic quarter.
2. Not signing in or out when leaving or returning to the school. The first offense would result in losing open campus for a week and a second offense would be a loss of open campus for the rest of the academic quarter.
3. Going off campus with a student who is not eligible for open campus. This would result in a permanent loss of open campus privileges for the remainder of your high school career.

* There would be an administrative appeal process for those who didn’t qualify.

** These are still under administrative review.

Assuming everything
stays on track open
campus would be
implemented by the end
of the year.



Under the Influence of Texting



Sara Usher
News Writer

We have all witnessed the utter humiliation on a classmates face as their phone receives an alert during class. All eyes turn to that student including the teacher's. Now this situation could easily go in a good or bad direction depending on the teacher.



Texting in class has become a major problem as Hannah Lonstein demonstrates here in her Journalism II class.

*“Texting in between classes is fine but during class is just being rude to the teacher”
-Barbara Milliken*

Twenty students at Oyster River High School were surveyed on texting and 100% of them text. Texting has become an infatuation with teens over the last year. Many adults have also begun to use the new technology. Unfortunately the line between addiction and infatuation is becoming blurry. As fun as texting is has begun to interfere in the learning environment at school around the globe, including Oyster River High School.

Oyster River High School foreign language teacher and texter Barbara Milliken, who uses texting to communicate with her friends and daughter, voiced her opinion on the subject. “I think it is a problem because there is this whole level of trust that I like to give my students and it has really been breached by texting and having the ability to access the internet

during class,” said Milliken.

However teachers are not the only ones who see texting as a problem in the learning environment. ORHS senior Carol Messler added “Yeah the more I try not to text in school the more I see it becoming a problem. Texting between classes is fine but during class is just being rude to the teacher”. Texting is not just a problem at school for students, it can also be a problem while socializing as Messler pointed out “I hate when I’m out to dinner with someone and they start texting.”

Some would say the current teen generation is becoming addicted to texting because of its convenient appeal. “I rarely if ever go a day without texting someone,” said Alexandra Sosnowski, a senior at Oyster River High School. “I text when I’m bored. It’s a good way to stay in touch if you can’t call people like during work or school,” reasoned Sosnowski adding “I don’t think our generation has an addiction to texting, it’s just something to do and it’s so accessible”. It is an age old argument that technology is addicting. First it was the television then the cell phone and now texting what will be next?

Texting While Driving

New Hampshire may seem like a loose cannon, the cyclists ride without helmets and drivers talk on the cell phone without punishment. But, you will no longer see a driver texting go without penalty. January 1, 2010 was the first day that texting while driving ban went into effect in New Hampshire. New Hampshire was the 16th state to outlaw the act. The penalty for texting while driving is a \$100 fine.

A staggering 60% of students who text at Oyster River High School have pled guilty to texting while driving and yet 95% of those students think it is a bad idea. ORHS senior Michelle Mason commented on the new law. “I think it’s a good law and I’ll probably follow it but I don’t text and drive to begin with.” Many teens have been in the car while the driver is texting. “I don’t really think about it unless they’re swerving off the road or something and then I’d ask if they want me to drive or text for them,” said Mason. ORHS



ORHS Junior Bridget Reagan texts a message while driving

“60% of students who text at ORHS have pled guilty to texting while driving yet 95% of those stduents think it is a bad idea”

alum Emily Tong said, “Anything that takes your eyes off the road is dangerous.”

So will this law stop teens from texting while driving? “It’s too easy for people to say that they’re calling instead of texting so they cannot be caught. I think it will wear off in effect,” said Tong. The new law was clearly aimed at teens in the United States because the majority of texters are teens. Robert Moynihan, father of an ORHS student, said “I think it’s a very good law and could even go as far as to ban cell phone usage while driving. You see a lot of people driving with cell phones and it’s not very safe,” said Moynihan.

The new law is now in affect. It may not be easy to detect said texters but the message is clear. Texting while driving is an unsafe habit. Kids and parents both agree that texting is extremely addictive and convenient. They also agree on the fact that texting in classrooms is rude and can be dangerous while texting and driving.

Snow Day or Bust: Do Other Schools Have More Snow Days Than ORHS?



Erik Frid
News Writer

It’s a school night and snow is coming down. The anticipation for a day off accumulates with the snow. Oyster River High School Junior Joe Karp is checking the internet for the local forecast. “I enjoy snow a lot, but at the back of my mind [I worry about having] too many cuts into the summer.” As he heads off to bed Karp is uncertain about how tomorrow will unfold. “[I know it’s a snow day] when I just wake up and see that it’s noon.”

For people who enjoy their summer vacations a two-hour delay opposed to a day-off isn’t a very bad option, but for others it’s snow day or bust. From time to time it can seem like Oyster River High School is much more stringent when it comes to calling school off. “I remember a couple of times,” said Oyster River Senior Michael Stacy, “where Dover, Newmarket, and the surrounding schools had days off and we didn’t.”

In fact, when the number of snow days Oyster River had in the 2008-2009 school year is compared with four other schools in the area it falls in the middle. Last school year Dover High School and St. Thomas Aquinas had 6 snow days, Oyster River and Newmarket High School had 7 snow days, and Coe-Brown



Oyster River High School students enjoying themselves on top of a giant snowball.

Academy had 8 snow days. These numbers were obviously greatly affected by the extent of the damage caused by the December ice storm. The myth that Oyster River has less snow days than say St. Thomas or Coe-Brown is most likely caused by the occasional time they have a day off and Oyster River has a two-hour delay.

So what goes into deciding whether or not school is canceled or delayed? District Business Administrator, Blaine Cox is on alert the night or morning before school when there’s bad weather. There are several key factors that he considers: Based upon the current weather conditions or those conditions forecast for the near term, when will the roads be safe for school bus travel and travel by those driving themselves to the school? Will the maintenance personnel be able to clear the parking lots and sidewalks as well as treat them for icing before students and staff arrive? And when will the bus drivers be able to pre-trip and make ready their buses to initiate their runs? If the decision is made to cancel or delay school, an automated phone call is made to families and faculty across the district.

On a Friday morning Karp is woken up at the normal time. As he looks out the window snow is piling up, but there still is school and we can all agree that either a snow day or a two-hour delay is a whole lot better than a regular day of school.





Alex Buck
News Writer

Is UNH Safe?The Inside story.

“Rather be safe than sorry,” said UNH patrol officer, Jared Welman. This is one of the reasons why there appears to be so many campus alerts so far this year. The campus alert system was put in place to inform the UNH public of any potential dangers. For example all assaults previous mentioned in this article were broadcasted on the UNH campus safety alert system. According to Officer Welman, “there are less of theses types of crimes however the public is more aware of them.” This is the result of the UNH Clery Act, which requires all UNH crime statistics to be posted to the public. The clery act is very recent however and creates a discrepancy in public posts. Arrest logs have been open to the public for many years but only recently has this information become more accessible to the general public. Meaning these types of crimes were occurring previous to this year however they might not have been posted as clearly as they are today.

UNH has always been famous for being a party school and it continues that legacy today. It is not only UNH students who partake in the partying also, UNH is a get away for many visitors in surrounding areas however theses visitors sometimes overstay their welcome. “About 80% of trouble is caused by visitors,” said Anonymous, a UNH patrol officer. A bold statement but true none the less. If one visits B-parking lot one a Friday or Saturday night you will see that every other car parked are from places other then New Hampshire. Another major factor of crime at UNH is Alcohol. “Fights usually happen around 3 in the morning when the bars begin to empty,” continued the anonymous officer. In the wrong situation alcohol makes the most intelligent of people do unwise things.

“I don’t trust the college students, from what I’ve seen they’re savages,” said Oyster River High School Senior, Conrad Nawrocki. On December, 4th, 2009 Nawrocki was approached by Durham and UNH police for a fire arm he was carrying on his persons. Nawrocki had a permit for the weapon and was free to go, however many asked why he felt it necessary to have a gun in Durham? “I’m a strong believer in individual freedom and responsibility. I don’t expect anyone to help me, or anyone else and I don’t blame them for it. Technically cops are paid to investigate crimes, and protecting people isn’t in the job description, said Nawrocki. The safety and responsibility of all students within the UNH campus lies more with the students than anyone else. “I never like to be walking alone for the sole purpose that if something were to happen like a fight, I’d have someone there to back me up,” said UNH freshmen and Oyster River alumni, Megan Basset.

The overall the security and safety for a University of its size is very good and well set up. The UNH police department has three separate branches consisting of security, police, and dispatch all of which offer a variety of services. The UNH police Department has a response time of less than 2 minutes and will escort students at anytime if they feel unsafe. On a busy night when most acts of crime are committed the UNH Police Department will have anywhere from 10 to 15 officers on duty. Another aspect of UNH security that helps keep students safe are locks on all dorms which can only be opened with swipe cards and safety towers in various spots within the campus. The towers are connected back to the UNH Police Department and will flash blue light when activated. As defined by Officer Jared Welman the main purpose of the UNH Police Department is to “be proactive and reactive, serve the needs of the campus community, and to protect the students body, faculty, and staff.”

Ride along Tuesday 02/09/2010

2:16pm - Starts ride along fill up gas. Cross paths with Patrol Officer Levesque.

2:50pm -Pull Over skate boarders for skating recklessly down Main Street.

3:10pm -Let Dover cop into the field house.

3:10-3:30pm -Looking for a car to pull over, frustrated with good drivers.

3:30pm -Pull a car over for failure to yield to oncoming traffic.

4:00pm - Investigate a stolen backpack reported at Philbrook Hall. I hit on hot blond victim.

4:30pm - Give up for the moment because of technical difficulties with security cameras and return to UNH police station.

5:00pm - Get my parking ticket voided at Durham Police Station.

Ride along Saturday 02/14/2010

9:25pm - Start ride along

9:32pm - Stop for Dunkin Donuts coffee, going to be a long night.

9:32pm - Pull car over for failure to use turn signal

- Police officer searches the car and the persons of two young adults
- Assisting police car arrives
- Driver arrested and put in the back of police car for transportation of marijuana.

10:23pm - Arrive back at the UNH police station

- Sit in bail room and watch the arresting officer write up the arrest and fingerprint the individual over the security camera screen.

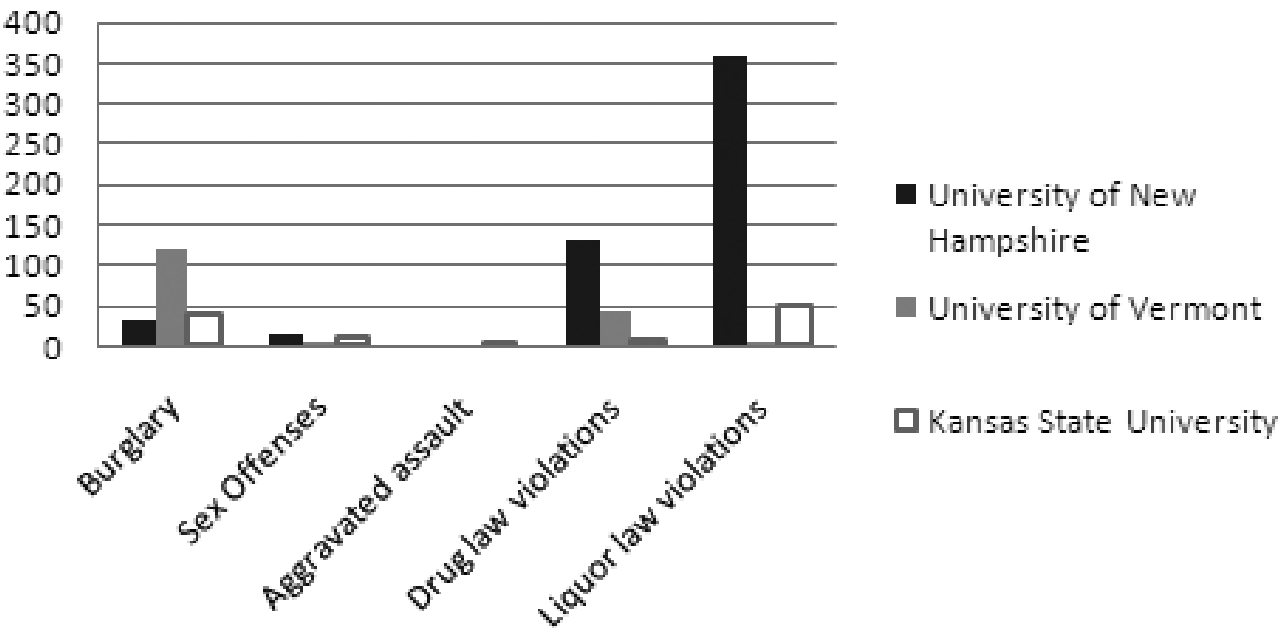
11:18 - Camp out near suspicious running car with lights on.

11:53 - Check out action in B-parking lot.

12:10 - Watch field sobriety test on Main St.



University Crime Statistics for 2007



Information Courtesy of <http://nces.ed.gov/collegenavigator/>





Samantha Ackerman
Features Writer

You’re walking downtown and you hear someone screaming for help. What would you do? Would you respond to their cries? Would you call the police? Would you just walk by pretending you didn’t hear anything?

Some of you may be thinking that you would definitely jump in and help but actually this depends on if you are alone or if you are around other people. Even if people want to argue that they are willing to be different and stay out of the flow of the crowd, it’s a human’s natural instinct to conform. There are many experiments and also real life situations that prove this theory which is known today as “The Bystander Effect.”



Kitty Genovese
photo courtesy of streetlights.com

lying on the ground after being stabbed. He claims he saw Kitty crawling across the parking lot in order to try and get away. But he still did nothing to help her. Moseley returned and searched the grounds for 10 minutes before finding Kitty in the back of the building. He then proceeded to stab her to death and as she was dying he raped her and stole \$50 from her wallet. Overall 12 people saw this crime taking place and no one thought of calling the police or even trying to help out themselves. Later, these people said that they just didn’t want to get involved and relied on others to be the Good Samaritans in the situation.

Even though this is an extreme case these things happen all the time. On a smaller scale we put this theory to the test and went to Durham, Dover and Portsmouth. In all three of these towns one of us simply dropped our wallets to see if anyone would react. The second time we dropped the wallet one of us would pass by noticing the dropped wallet but not doing anything; seeing if the first reaction had an effect on those to follow.

What Would You Do?

The Bystander Effect



A Good Samaritans giving the person their wallet back.

The result of this experiment was pretty much what we had expected. In Durham we found that both times the wallet was returned to its owner within seconds, even when someone else didn’t do anything. In downtown Dover the wallet was given back right away, however

when one of us just passed without doing anything a few more people passed before a person asked if someone has dropped their wallet. Portsmouth we found to have much different results. Both times we tried the experiment nobody gave the wallet back, a few people looked at the wallet trying to decide but did nothing.

Durham is a small town and many people know each other, therefore you are more likely to have a wallet given back to you. The fewer people that are around the more likely someone will help you. Jessica Meakins was the lady that returned the wallet back to us. “I’d want someone to give me back my wallet,” says Meakins, “so I made sure the wallet got back to her. What comes around goes around.”

Dover is a little bit bigger so when one of us passed by without doing anything it took a few more seconds for the wallet to be returned. Travis Hutchens was the man that returned the wallet. “Americans like ordinary and simple, we’re always taking the easy way out,” explains Hutchens. “If we act on something it’s no longer simple. A dropped wallet becomes your responsibility as a Good Samaritans.”



Looking through the dropped wallet

In Portsmouth however no one gave us the wallet back. Downtown Portsmouth is much busier than both Dover and Durham therefore there are a lot more people to ignore the dropped wallet and cause others to do the same. People like to conform and stick together even if it means ignoring something simple. James Vick was a bystander to the dropped wallet and didn’t act on anything. “It’s not my business,” said Vick, “They drop their wallet; who am I to be their knight in shining armor?” Everyone says that they’d help a person who dropped their wallet, but when it comes down to it would you? If the man that saw Kitty Genovese called the police, could her life have been saved? Everyday people are put in situations where they can choose whether or not to be a good Samaritan but in the end the choice is yours.

“They drop their wallet; who am I to be their knight in shining armor?”
~ James Vick

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Everyone says that they’d help a person who dropped their wallet, but when it comes down to it would you? If the man that saw Kitty Genovese called the police, could her life have been saved? Everyday people are put in situations where they can choose whether or not to be a good Samaritan but in the end the choice is yours.



Hannah Lonstein
Features Writer

50 Worst Dates...Minus 39

So we’ve all had those embarrassing moments in our short dating time. Since the holiday is coming up to celebrate the love in the air I thought it would be a good idea to make you all feel a little bit better about your love faux-pas. So don’t worry about your recent valentine mishaps, it happens to the best of us.

“My date started choking for like 5 minutes...I thought he was going to die.” - **Kylee Drugan-Eppich**

“I went to an amusement park with my date (who is now my wife). After going on a rollercoaster, she threw up. Wasn’t that embarrassing for me but I guess it was for her.” - **Steve Lord**

“On my first date with my husband we went white water canoeing and I ended up falling out of the canoe multiple times. One time I ended up getting stuck on a rock in the middle of the river. A kayaker had to pick me up.” - **Judy Kucera**

“In college I was on a date with a guy and I thought everything was going well and all of a sudden he opens his mouth to say something and he calls me “Mawia” in baby talk. I made up a sickness and was out of there as fast as I could.” - **Maria Rosi.**

“I was at dinner and it was hot; she was wearing a sweater so she decided to take off her sweater. She was three quarters done unbuttoning when she realized her sweater was already unbuttoned and she was unbuttoning her shirt...it was very awkward.” - **Brendan Whalen.**

“On my first date with my husband, he somehow ended up with coleslaw in his hair...I didn’t say anything. It eventually fell out I guess.” - **Heather Machanoff**

“I was at the movies with a guy and the little boy sitting next to us tied my shoelaces together with out me knowing. When the movie was over I stood up to leave and ended up falling on my face in front of everyone in the theater...not fun.” - **Carol Messler**

“I hung out with two different guys and later I discovered they were twin brothers...they were fraternal!” - **Alexandra Sosnowski**

“I was out with someone and I had braces at the time. I was sitting with my hand next to my mouth. The sleeve of my sweatshirt ended up getting caught in my braces. I had to have him drive me home so I could cut the sleeve off. It was really bad.” - **Ashley Dupont**

We were out to dinner before my junior/senior prom and my dress had a big bow with two long tails in the back. I went to the bathroom and both the tails on my dress fell in the toilet. Luckily there was a hand dryer that I managed to use while my date was wondering where I was.” - **Tracy Bilynsky**





Think Before You Ink

Your 18th birthday is in a few weeks and you’re excited about all the new freedoms that come with the number; cigarettes, lottery tickets, tattoos and for some, porn. But which one of those are the most sought after by most freshly turned 18 year olds? Tattoos.

Tattoos are pretty common now-a-days compared to a decade or two ago, but they still come with the same myths and attention; good and bad. Some people feel like only bikers in gangs and cults have tattoos and that they’re unsafe, when that’s not necessarily true. Some people still have bad connotations with tattoos; so here’s the truth and the stories of some of the people you may know.

Tattoos aren’t for everyone though “especially those who are doing it just to do it or have it be some kind of spur of the moment thing,” says Billy Rocha. The number one thing most people suggest to the excited adolescent who wants a tattoo is “wait”. “Make sure you absolutely want it before you ever even consider making an appointment,” says senior Becca Sasso. “This piece of art is going to be on your body for the rest of your life.”

Tattoo Care:

-You must leave the bandage on for a minimum of two hours

-Wash your tattoo immediately after removing the bandage, this is extremely important.

-Do not re-bandage your tattoo for any reason.

-Wash your tattoo a minimum of four times a day for the first two days and leave dry, do not apply any ointments or lotions.

-Starting on day three wash twice a day and apply an unscented moisturizer (Curel, Lubriderm, Aveeno, Eucerin) or hand lotion after washing and/or when dry.

-Do this for seven days or until peeling ends.

-It is also very important that you do not pick or scratch your tattoo; leave it alone.

-You must not soak or expose your tattoo to the sun for at least two weeks, normal showers are fine. No hot tubs or swimming.

Some advice from the artist, “Definitely wait longer than you think is necessary,” says Rocha. “The main reason why some people regret their tattoos is because they make it a spur of the moment kind of thing, when that’s a really bad habit to get into.” He suggests that the bigger the tattoo the longer you should wait, “that way you have a lot of time to think about if you truly want it and that it’s a good decision,” says Rocha.

Rocha has been around tattooing for a good amount of time and some of the worst pieces Rocha has seen were ones involving cult symbols and racism. “I didn’t refuse the guy,” says Rocha. “But I did feel very uncomfortable because I didn’t agree with what I was tattooing.” The only reason why they would refuse a customer would be if the tattoo was on the face, hands or feet due to the evident permanence of the tattoo. They also will absolutely refuse minors as well as minors with parent permission. “It’s the law in New Hampshire,” says Rocha. “Just wait ‘til you’re 18 and you’ll be all set.”

Everyone with a tattoo has a story to tell, some still love their first tattoo and some have covered them since they got it, here are the stories of some people you may know.

Facts about tattoos-

They bleed a lot: Not quite as much as you’d think. Yes they do bleed, more so if you get shading but it should stop once the bandage is ready to be removed.

They hurt: Yes and no, “It depends on the clients’ pain tolerance, usually girls have an easier time than boys do just because they have a naturally high pain threshold,” says Tattoo Artist Billy Rocha from Hobos Tattoo in Portsmouth, New Hampshire.

Colored ink hurts more than black: Not true, it is a common misconception because color is added at the end of the tattoo process causing the skin to be more irritated making it seem like it hurts more than it really does.

Tattoos are expensive: Relatively speaking, no because they are permanent and last a life time. But they do cost anywhere from \$60 to \$1000 or more depending on the size, complexity and color scheme.

Exploding Tattoos in MRIs: Not true, the reasoning behind this myth is that sometimes some tiny fragments of metal can stay within the ink of the tattoo and get ripped out during an MIR (which is a large magnet that conducts X-rays). This would be more common for tattoos that were applied twenty or more years ago, today it would be very uncommon to see anything happen at all.

Tattoos fade: True, especially when exposed to a lot of sun with no sun block on. “Sun is the enemy of the tattoo,” says Billy “because it causes ink to fade so always wear lots of sun block when venturing out in the daylight.” All tattoos fade naturally over time with the rest of the skin on the human body.

Disease: Yes, it’s true you can contract blood diseases from getting tattoos, “although I barely ever see it, I have had two cases where a man and a woman contracted Hepatitis C,” says Exeter Hospital Head Nurse Joan Olson. “You need to do a lot of research about where you get your tattoo because you don’t want to have to die early for it.” Most tattoo parlors in New Hampshire don’t take under aged clients even with parent permission and it’s not a good idea to get a tattoo done somewhere that isn’t regulated by the health codes and laws, they’re there for a reason.

Derek Cangelo

What is you most meaningful tattoo?

- My most meaningful tattoo is of a Celtic Knot on my right arm. I got it with my wife and it symbolizes love. It’s green and it’s an Irish symbol for infinite love.

How would you feel if a student got a tattoo?

-It depends on if a student just wants a tattoo or they’ve really thought about it. It would change my thoughts of them, but it should wait until they’re older.

“Just wait and be certain it’s what you want, it’s something you carry with you for the rest of your life.”

Becca Sasso

1) Why did you get it?

-I got my first tattoo because I have wanted it since I was about 13. I continued wanting the same design, in the same place, so I knew I wasn’t rushing into anything.

2) When? Were you underage? Why’d you get it then?

-I got it in April when I was 17. I had to go to Vermont because I was underage and it is the only state close by that allows tattooing under 18 with parental consent. I got it then mainly because my mom had told me I could get it when I was 16 and I just hadn’t gotten around to it till that time.

3) What is it of? What is its significance?

-My first tattoo is of a yin-yang as the center of a sun. I got this tattoo because I loved the design but it holds great significance as well. I have had a lot of imbalance throughout my life and this tattoo is a reminder for the harmony and balance I strive for as a person.

4) Did it hurt?

-I went in expecting it to hurt so bad it would make me cry. Luckily I was wrong. The anticipation leading up to the tattoo was much worse than the actual process. It was uncomfortable for sure, but it wasn’t as bad as I thought it was going to be.

5) How much did it cost?

-I was over-charged by a lot for my first tattoo. The design is only about an inch and a half in circumference and I was charged 100 dollars. My second tattoo which is much larger and more intricate only cost 20 dollars more than my yin-yang so I know I was over-charged the first time around.

6) What is its meaning? Story?



-Basically wanting this tattoo since I was 13 and having it as a reminder for how I want to live my life. The good with the bad, the yin with the yang.

7) Do you plan to get another or add to this one?

-I did get a second tattoo already. My second tattoo is slightly bigger and has more detail. I may add to my second one slightly in the future, but I don’t plan on getting a third tattoo as of now. My second tattoo is a horse shoe with the phrase “Life’s a journey not a destination” written beneath it and it is located in the center of my back.

8) What would you say to someone else who wanted to get a tattoo?

-I would say to make sure you absolutely want it before you ever even consider making an appointment. This piece of art is going to be on your body for the rest of your life and you have to love it. Meaning is always nice to have in your tattoos as well, but as long as you love it-go for it!! Tattoos are a great form of expression.

9) Anything else you want to add?

-Like I said, tattoos are a great form of expression and as long as you get them with taste and love that they are a part of who you are I think that tattoos can be very special and personal art works.

Mackenzie Leander

1) Why did you get it?
-Not only did I want something unique to me, but I got my specific tattoo because my mother has been such a wonderful role model for me throughout my life.

2) When? Were you underage? Why'd you get it then?
-I got it on my 18th birthday, which was only last week. I didn't plan on getting it exactly on my birthday, but when my friends surprised me with the money and said, "We are going today", it just kind of worked out that way. I am glad I did it on my birthday though; it ended up being a great way to celebrate.

3) What is it of? What is its significance?
-My tattoo is of a hummingbird. It means a lot to me because, as I stated earlier, it is the same tattoo that my mom has just colored slightly different to represent how I am still different from my mom. I got it because we have always been really close; she has not only been an amazing mother but an amazing friend. The hummingbird also symbolizes rebirth, and since we are all going off to college this year, it seems appropriate.

4) Did it hurt?
-NO! I hate needles. So for all those individuals who hate needles, but want a tattoo, don't you worry. The outline itself hurts a little bit. I won't lie and say I didn't cringe now and then, but the shading and coloring didn't hurt a bit. I could feel the vibration of the gun more than the needles!

5) How much did it cost?
-The guy from Hobos in Portsmouth only charged me 60 dollars. It was surprisingly cheap, but he did tell me he was charging me the store minimum because it was my birthday.

6) Do you plan to get another or add to this one?
-I might get another one down the road if something significant happens in my life, but I don't feel the sudden need to run back. People say getting tattoos is addicting, and I can see why, but I am not already planning my second.

7) How long did you have to wait for it?
-I have wanted this tattoo for about a year now. One of the reasons I was hesitant to get it was because I didn't want it for more than a year so I thought I'd regret it, but after getting it I am really excited to have it.

8) What would you say to someone else who wanted to get a tattoo?
-I would tell them that they need to be 100% positive they want it, be ready for the tattoo to be ALMOST exactly what you want, take Advil 30 minutes before, and be prepared to wear something to that you can show to absolutely everyone the next day because people will be interested.

Karen Van-Dyke

How many tattoos do you have?
- I have nine.

What do they mean to you?
- I have a large sun on my back that symbolizes that I will always have the sun on my back.

Which one is the most meaningful to you? Why? What's its story?
-The one on my forearm is the most meaningful because it's for my mom. I also have a few Chinese symbols that mean "teacher" and "solitude" for being able to be alone and be okay with it.

Which one was your first tattoo? How old were you? Why?
-It's of Donald Duck and I was about 21 or 22, I got it just to get it.

How long do you think someone should wait to get a tattoo?
- I would suggest they think about placement and they should wait as long as they feel necessary.

Any others you want?
- My girlfriend and I are planning to get one together when we get married.

Any suggestions?
- Really think it through!, It's a big commitment, it's something you have to live with for the rest of your life.



Caitlin Olson...My Experience...

For my 18th birthday I got my tattoo of my dog's paw print. I've wanted this tattoo for a long time now and I wanted to have a memorable birthday this year. The significance of the paw print



is because I want Dakota to be with me forever somehow and yes, I agree a picture could work, but I wouldn't look at it every day. I love tattoos and I feel that they are a great form of expression so I felt that this would be perfect way to remember my birthday.

It was a bit weird at first, getting carded for the first time, and filling out the paper work but I was excited. I was a bit nervous too and I felt so old! Bill Rocha (the artist) put the outline on and had me lay down on the padded table then ask if I was ready and just started tattooing!

The pain was interesting, I didn't cry like I thought would have but I was uncomfortable. It was like a sharp finger nail being dragged around on my skin but it was really only painful when he was tattooing, not after and the vibration of needle kind of took away from the pain. At

one point I was even ticklish because of the vibration. The most painful part was when the tattoo was right over the bone, but I found a way to deal with the pain. Focusing on my breathing really helped me not cringe from the uncomfortable feeling, which was interesting. The day before my



birthday we did yoga as a class in Psychology and we talked about how focusing on breathing would allow the body to relax, and it actually worked! A day after and the only I feel is just being sore as if it were a sunburn.

In the end it wasn't that bad and it was totally worth it. They gave me great instructions on how to care for it, and I'm excited to wake up with the new artwork everyday.



Jordan Frye

1) Why did you get it?
-The tattoo is a memorial of my cousin's death; it's to pay respect for him and to raise awareness for domestic violence.

2) When? Were you underage? Why'd you get it then?
- I got it in Mexico when I was a sophomore and I was 16.

3) What is it of? What is its significance?
-It is his nickname tattooed on my lower leg, and as I said before

it's spreading the message that domestic violence isn't the answer.



4) Did it hurt?
-It hurt more than I was expecting and it took about two hours to complete.
5) How much did it cost?
-It was about \$230-\$250.

7) Do you plan to get another or add to this one?
-I definitely want to get another one, but I plan on waiting until I'm 18.





Anna Reed
Features Writer

Got My Hands Up, They’re Playing My Song (Over and Over Again)

24 Hours of Miley Cyrus

Whether you love her, or can’t stand her, everyone knows Miley Cyrus. The Disney pop singing sensation has wormed her way in our hearts, or for some people, their gag reflex. Personally, I tend to play the part of Switzerland and stay neutral on the subject. I will sing out loud to “Party in the USA”. I’ve seen the occasional Hannah Montana episode, but other than that she isn’t on my radar. I’ve decided to engulf myself in Miley Cyrus for a whole 24 hours. Now what does that entail you ask? I will be listening to her songs, watching her show, movies, and her concert; I will read her autobiography, and do anything else I can think of. I am not sure how long I will last, and I am pretty sure I will crack after the first two hours. I will be giving you a play-by-play on my experiences; it’ll be an interesting ride.

6:30AM: The experiment starts! “Party in the USA” is blaring from my clock radio. My sister is about to punch me in the face, so I am taking my iPod and heading downstairs away from her swinging fists.

7:00AM: Did you know Hannah Montana has her own cereal? Its taste is generic, and it’s expensive! I can’t believe parents would buy this for their children, and I can’t believe I bought it strictly for this experiment But the good thing is, I’m up, awake, and ready to party... well, as much partying as you can listening to Miley Cyrus.

8:25AM: Been doing chores around the house and listening to music. I am almost done with the songs I have, I can either download some more, or just repeat over and over again. I thought I would have a lot more music than this, so I am surprised. What the heck am I supposed to do for the rest of the day?

9:00AM: Read some of Miley’s lyrics, she really is quite deep. For example: “*Everybody makes mistakes, everybody has those days, everybody knows what...What I’m talking ‘bout. Everybody gets that way*” and “*I’m super cool, super hot, living like a rock star. You think I’m super, you think I’m super.*” Really, it gets that deep. She could quite possibly be the voice of the new generation. Decided to put Miley’s songs on shuffle and work through it.

11:00AM: I am onto watching the Hannah Montana movie, tried doing the hoedown-throw down... Let’s just say that was embarrassing. My parents keep on coming into the living room and laughing at me. But you just wait, by the end of tonight I am going to be a Hoe-Down pro.

11:45AM: Beginning to realize how annoying Miley Cyrus’ voice is. Does she have a retainer or something? You’d think with all the money she has she could get rid of that annoying lisp.

12:00PM: Still watching the Hannah Montana Movie. There’s romance, there’s laughter, there’s tears; everything you’d want in a movie. Miley’s acting is pretty much terrible, but it is amusing. If anything, the guy in the movie is HOT, so that may just be worth the hour and a half.

1:30PM: Heading out to the store to grab some of Miley’s favorite food. I tried dragging my brother out with me, but he refused.

My Shopping List: Ramen Noodles, Starbursts, Oatmeal,



Before: Tired, but excited.



After: Losing my mind!!

Snapple, and anything Hannah Montana I can find to amuse myself for the next 17 hours. I am already starting to go crazy.

2:15PM: So there are 27 episodes of Hannah Montana on Netflix On Demand, I am going to try to watch a couple while doing my homework. In this episode, Miley is selfish and ruins everyone’s lives.

Predictions: She is going to make everything better in the end and they’ll all laugh about it later. I love how predictable children’s TV is.

3:00PM: Struggling to get any sort of work done, every single episode of Hannah Montana is almost the same plot, and Miley’s voice is getting worse. I don’t know how much

more of this I can take. I’ve started to talk in a southern twang to my sister and brother. It’s actually quite fun.

4:30PM: I can’t watch anymore Hannah Montana. I am running out of things to do! My eyes hurt!

4:45PM: I think I’ll go and read some of *Miles to Go*, Miley Cyrus’s autobiography. I don’t have very high hopes for her writing skills, but we’ll see. It beats watching more Hannah Montana.

6:00PM: Had to take a break. Went to the store with my mom, took my iPod and listened while we shopped, I turned it down REALLY low so that I was listening, but I wasn’t really listening. Is that cheating?

6:30PM: Still reading... Mind all of you, I paid \$12.99 for her book from Barnes and Noble, and I was trying to disguise it so I bought a bunch of magazines with it, I am pretty sure the cashier still judged me for my purchase.

7:25PM: Watching “The Miley and Mandy Show” on YouTube. Essentially its 3 ½ minutes an episode of Miley Cyrus and her friend Mandy Jiroux screaming and giggling, but I was running out of things to do, and I wasn’t about to listen to “Party in the USA” or “The Climb” again. I guess I could read her twitter too? What else does she have? What else does this girl do? Losing steam! NOTE: No matter how low I turn the volume on my computer; her voice still pierces my ears. I bet if I muted the volume, her voice could still reach my brain.

7:45PM: Stopped to have dinner. Mom made Macaroni and Cheese. One of Miley’s favorite foods is Macaroni and Cheese with Ketchup. Tried a little but it was too gross. Sorry Miley, but that’s just nasty.

8:35PM: Y’all, I think my brain is actually melting. I also just realized that The Grammys are on... and although Miley Cyrus isn’t performing, she is going to be on stage introducing Black Eyed Peas, plus her song WAS going to be nominated for something. Bending the rules a little? I don’t care. I take it where I can get it.

9:30PM: Jaime Foxx sounds like Miley Cyrus, right? Blame it on the a-a-a-a-alcohol! And a Jamie Foxx song is onnnn and a Jamie Foxx song is on. Party in the USA! I have officially lost my mind.

10:10PM Watching the Grammys/still reading ‘Miles to Go’. Did you know that Miley first read for Lilly’s part on Hannah Montana, and then she read for the main part, and was shot down because she wasn’t old enough? I know, crazy interesting right? Yeah... I don’t care either.

12:30AM: Officially done, can’t read anymore. I refuse to listen to another Miley Cyrus song. I am throwing in the towel. I close my eyes, I see Miley Cyrus. I can’t stop thinking about her songs, I am so tired and although I didn’t make it the whole 24 hours I can say that I lasted a good long time.

I lasted a good 18 hours of the 24. How do I feel? My eyes are starting to cross, and I can’t stop randomly spurting out song lyrics. I have been adding ‘Y’all’ into everyday conversation and I’ve been dabbling with my southern twang. Heck, I could be a millionaire too; ‘Anna Montana’ has a ring to it, right? All I need is a blonde wig.

To anyone who would like to attempt more than 10 minutes of Miley Cyrus, please, consult your physician. Also, do not operate any heavy machinery. If you feel drowsy or light headed, take the headphones out, and for Christ’s sake, if you feel the need to ‘Move your hips like yeah’, head straight to the nearest hospital!



Photo Courtesy of Google Images

Who Is Miley Cyrus?

Full Name: Miley Ray Cyrus

Birthday: November 23, 1992

Miley Cyrus was born in Nashville, Tennessee, originally born as Destiny Hope Cyrus. She has 5 siblings, and started her acting career early with her role of “Young Ruthie” in Tim Burton’s 2003 film *Big Fish*. She then auditioned for the main character of the hit Disney TV show *Hannah Montana*. Her role on the show sky-rocketed her music career and she has had 3 studio albums released 4 Hannah Montana CDs, and a live concert CD and DVD. Cyrus is now working on her acting career with her new film *The Last Song* that is to be released April 2nd, 2010. She is popular all over the world, and in 2009 were number 29 on Forbes Top 100 celebrities, making \$25 million dollars a year.

Online Love



Bridget Regan
Features Writer

Ever wonder why with so many people out there, you can't seem to find "the one" or even just one worthy of your standards? Ever wonder how you will be able to find someone? In recent years, internet dating and online relationships have become more and more popular and you see things for them everywhere; adds on TV, movies that feature them, even adds on other internet sites. With so many options out there, does internet dating really work?

In an online MOR survey of one hundred mostly teenagers, 8% of the people admitted to being in an online relationship

of some sort at one point or another. A surprising 54% of people have used the internet to help keep up with a relationship.

"I go to school in Virginia," stated one person in the survey. "My boyfriend goes to school in Vermont so we use the internet all the time to stay in touch. I don't know how people ever did long distance relationships without it."

There are many people that feel the same way about the internet helping relationships, but as for relationships starting with the internet, many people are skeptical.

"Online relationships prevent you from fully getting to know the other person, and they can create holes in a relationship," stated another person surveyed. "You don't get to see what a person is really like," added a person that was surveyed as well. "You can see what they want to seem as, but that could be completely different from reality."

The attitude towards online dating tended to continue to be negative from the teenage group.

"It's kind of stupid," stated sophomore, Eddie Irvin. "You don't know the person in real life."

Freshman Brittney Daly had to agree with Irvin. "It's not the way to go. Most teenagers go to school and meet people there. There are creeps on the internet."

When asked about online dating, Barbara Milliken and Joan Schaeffer had similar views and opinions.

They weren't huge fans of the idea, but they understand that it seems to be a good option for some.

"I feel it's for people whose lives are paste," said Schaeffer. "[Those] who don't want to take the time to go out and look." Milliken had similar opinions.

"There's a trust factor I can't quite follow with," added Milliken. "[But] social times are changing. I think there's a different generation it follows with though, like a younger one."

Surprisingly two younger teachers, Scott Rowling and Andrea Drake had similar ideas, but that online websites are "more for older people or people moving to a new place."

So the question remains, who is this new sensation of online dating for?

Teacher, Andy Allen ended up finding his current girlfriend through match.com, a popular dating site. He and his girlfriend have now been together for over 16 months. He was a little skeptical about using an online site to use a tool for dating at first but when you're 32, "there's not a whole lot of ways to meet people that you don't already know."

Allen did make it clear though that he didn't think that it was necessary or a good idea for teens to use the internet as a tool for finding someone to date. "When you use something like match.com or eHarmony, you're looking more for a soul mate. In high school I don't think that's a smart idea. You have a huge network with friends and connections. As you get older, you don't have a network of people."

Stacy Koscielniak, Allen's girlfriend, talked about how the internet was a great resource for her. "People are more honest and open when they're talking online because they don't have anything to lose."

"Face-to-face people feel the need to impress if there's an interest with the other person," added Allen. "They might try too hard. And a lot of questions that might be deal breakers for people are filtered out just by looking at their page."

So, if you're looking to find someone out there, Allen has this advice for you: "Even if you've had dates with people and it didn't work out, you can still have a good time and make new friends. It's like the same as meeting people from different schools and hanging out with them." If you don't find someone, don't get discouraged, good things come with due time. And there are always other options out there, so don't give up. If you really want something and continue to search for it, you will find what you're looking for.

My Lol.net:
Where Friends Are Made

Mylol.net is a website advertising teen dating and a site, "where friends are made."

I decided to have a test to see if there were people out there our age that are really looking for a relationship, or do they have other interests in mind? I created two profiles; one with a girl named "Britt" whose username was Sexichica and appeared to be looking for a good time and another with a girl named "Kathleen" whose username was simply Kathleen and appeared to be looking for a real relationship.

Britt was a provocative type girl who was listed as a "fun-loving." She loved to party, smoke and drink. Kathleen on the other hand listed her interests as: soccer, basketball, music, movies, arts and traveling and stated that she was just tired of the same guys that she knew and was looking for someone else.

Just as many people interested in the project had imagined, Britt had an overwhelming response to her profile from mostly guys with one or two girls that were interested as well.

Many people willingly gave out their phone number,

AIM screen names, as well as other ways to connect with Britt as well without much of a second thought.

As for Kathleen, she got one friend request from someone whose profile was deactivated just as quickly as they sent out a friend request. In other words, Kathleen was completely ignored.

In conclusion, I feel that online teen dating is even more so superficial than dating in person. I also believe that with going to school and meeting new people all the time, there is no need for you to go find someone else online. I am not discouraging online dating though, so if you wish to go out and try something completely new, all the power to you. Just be aware of what people might be expecting from you. As for me, I'm going to stay with the traditional route and see where it leads me.



"Britt" taking a mirror picture for her profile. Photo courtesy of Google



"Kathleen" smiling for the camera while working during the summer. Photo courtesy of Robert Hooton



What is love? Baby don't hurt me no more...

With Valentine's Day just gone by love is in the air. So I asked some people to finish the sentence "love is... what?" and here are some of the answers!

Love is...

"Blind" - Liam Wimberg

"Scary and fun all at the same time" - Agnes Fontino

"A journey" -Alyssa Johnson

"Powerful" - Kellee Jackson

"Something you have to work at to find." - Maddy Clement

"A rollercoaster" - Carol Messler

"Fake" - Daniel Olken

"Indefinable" - Timmy Short

"Nice." -Jack Clancy

"A strong feeling of compassion between two people" -Tommy McDonnell

"Is overwhelming and fulfilling and a lot of work" - Heather Healy

"A mystery." -Eric Burns

"Happiness." -Alex Curtis

"An attraction between two people." - Sayward Allen

"Like that song, 'L is for the way you look at me, O is for the only one I see, V is very, very extraordinary and E is even more than anyone that you adore.'" - Alex Walnicki

"A relationship between two human beings." - Didi Harris

"Love is... that reminds of the song by Bo Burnham." - Bridget Burns

"Non-existent." - Gabby Brodeur



Samantha Ackerman
Features Writer



Courtesy of freeweb.com



High School Relationships: *Doomed to Fail or Destined to Succeed?*



By Hannah Allen

It’s your senior year in high school and graduation is just around the corner, but before graduation is your last high school prom. Prom is a time to reminisce about the last few years and maybe have that one last chance at taking the cute girl out. For those couples who have dated for years before, the end of senior year brings up a serious conversation; will you stay together? For many the answer might be easy, going to the same college would be fun and make the relationship easier to keep control of. But is that really the best solution? Following your loved one off to school typically ends disastrous. While college is a time to find yourself and figure out where you want to go in life, having your significant other follow you there can easily put a damper on your goals.

Seniors Michelle Mason and Cody Mills have been in a relationship together for about 3 and a half years and are still going strong. “I always have someone there for me, no matter what,” explains Mason. Mason says the most crucial part of making their relationship work has been honesty; while fights with her girlfriends may take



Oyster River Alumni Dahlia Sawtelle and Mark Dill at the 2009 prom

awhile to work out, when there is an issue between her and Mills, the truth always comes out. “There is nobody else either of us would rather talk to or be with,” explains Mills. “We were best friends that became boyfriend and girlfriend, she trusted me with anything and it was the same for me.” The couple believes that they are strong enough to get through the rough spots that may come up throughout their relationship, “I can’t imagine him not in my future,” Mason explains. The hardest part of getting through high school together has been dealing with privacy issues. “Everybody knows everything about us,” Mason explains. “On top of that, because we’ve been together so long people spread annoying rumors.”

Believe it or not, Science Teacher James Thibault married his high school sweetheart and has been married since 1990. “A strong relationship is about choosing to love the person more than yourself,” Thibault explains. He is a believer in high school relationships lasting for a lifetime, and thinks that a strong relationship is, “more about being the right person than finding the right person”.

Oyster River Alumni Dahlia Sawtelle and Mark Dill have been together for almost two years and are still a happy couple. They consider their relationship to be healthy for their age. “Other people model their relationship after ours,” they explain. Although they know not all high school relationships work the way theirs has, they believe that being independent is one of the most important parts of keeping their relationship healthy. “We have lives outside of being with each other constantly,” Sawtelle explains. Honesty, independence and love are what have made their relationship stay as strong as it is.

Finding exact statistics was hard when researching high school relationships that have lasted a lifetime. Cha Cha Answers, WikiAnswers, Google Answers all have come up with a fairly consistent statistic; only 2% of high school sweethearts get married and never divorce.

Seniors Ashlee Rollins and Ritchie McCarville have been dating for almost three years and believe they are capable of lasting till marriage. “We both have our own plans and goals for the future but see ourselves staying together,” Rollins explains. While they have been told by people

that they may be wasting time on getting serious so young, they never let it affect their relationship. As for advice on high school relationships, Rollins simply said, “Don’t let other people’s opinions get in the way of what you feel.” Rollins and McCarville have been through a lot together, but always remember that they need to be honest and not hide things. “If it is meant to be it will work,” Rollins said

Oyster River Alumni from the classes of 1973 and 1974, Paul and Lynn Allen have been together since Lynn was 15 (35 years). Before they graduated they already thought that they wanted to spend their lives together, and there had been some discussion about eventually getting married. In 1974 they were officially engaged. They both agree that compromise has been key in their successful relationship. “We have solid core values, family values and we love each other,” Lynn explains. “I have no opinion,” Paul says quoting Tim Allen from Home Improvement. His advice for young couples is to not get married as early as they did, “Even though we’ve been successful with it, it’s not always easy to be able to compromise and see eye to eye.” They held off on having kids in order to become more financially stable and do the things they wanted to do together. When told that the most common statistic for high school sweetheart relationships lasting forever is only 2%, they didn’t seem surprised “We’re awesome!” Lynn exclaimed, “It doesn’t surprise me, it takes a lot of work.”

So while some people are living proof that high school relationships can last a lifetime, not everyone is as lucky.



Seniors Cody Mills and Michelle Mason at their junior prom in 2009



Oyster River Alumni Paul and Lynn Allen on their wedding day in 1976

What Do You Think About High School Relationships? Can They Last? Are They a Waste of Time?

“If I married the guy I dated in high school... no, that wouldn’t be good.” -Judy Kucera

“Would have to say that sometimes they can be good but sometimes they turn out pretty childish.” -Michael Casterton

“I don’t think they are a waste of time at all. I know people in college who are still in relationships that started in high school and they’re very happy. I think it all depends on the people and what they are looking for in the relationship.” -Hannah Poff

“I think over time you can end up with your high school sweetie, but I don’t think it is very wise to settle down with them so young.” -Cynthia Richards

“I know people that were high school sweethearts but unless the relationship is really serious and both people are fully committed to one another, then they just fall apart, cause its high school, majority of them last 3 months.” -Jimmy Cunningham

“I think that sometimes they work but most of the time they don’t. I think everyone’s judgment is just a little clouded in high school and they blow things out of proportion.” -Anna Reed



Anna Reed
Features Writer

The Third Quarter Stress

At the final stretch of the school year, students fight the stress

Midterms are over, but the stress has just begun. You are slammed with projects from all of your teachers; your part-time job is taking up your whole afternoon, forcing you to scramble to complete your homework at 11 at night. You are pushing yourself to succeed with your sport team, you are active in a zillion extra-curricular, and to top it all off, college is looming over your head. Sometimes, you just want to scream!

Everyone deals with stress, and at this time of the year, it's at an all-time high. With all the homework, after-school commitments, and college on your back, you are bound to break. But there are so many different, healthy -and effective- ways to relieve your stress.

One of the most popular stress-relievers is physical activity. Working out can relieve stress by letting out your aggression and frustration, especially with a sport like kickboxing or martial arts. Physical activities like Yoga can also help with stress by relaxing your mind and body, and is a good distraction from all the mess in your life. Senior Kelsie Belanger uses yoga to re-focus her body and her mind. "There so much synergy with yoga. I feel like my mind and my body becomes one and it's very therapeutic." By focusing on your breathing, and your stances, you are less likely to be thinking about that big test on Tuesday. Assistant Principal Sara Worton uses running as a stress reliever. "When the weather's nice I go running. If it isn't I tend to stay in and read a good book but I like to get my body moving."

A very successful technique for stress relief is laughter. Nothing cures stress like seeing a funny movie or goofing off with a group of close friends. Laughing reduces the levels of many hormones in your body that cause stress like cortical, epinephrine, and dopamine while also increasing endorphins. Next time you are stressed with work or school, check the box offices for the newest comedy, surf YouTube for the latest viral video, watch



Senior Mallory Ament stresses out as she studies for her Trigonometry midterm.

to relieve the stress in their lives, others just vent to a friend. Heather Machanoff, Oyster River High School's Guidance Director, says that the guidance doors are always open, "Depending on the time of the year, you can just walk in and talk to anyone. Around midterms or the first weeks of a semester not so easy, but if it's an emergency, there is always someone who can talk to you." Although many kids don't use the guidance department for anything other than college and changing classes, it's important to know that they are here to listen to you if you need it. "There are kids who come to us, but usually it's us having to track someone down after hearing about a situation. But our doors are always open".

If you don't want to talk to someone about your problems, at least write them down. Either in a journal or on a scrap piece of paper, write down all that bothers you and when you're done you'll feel good that it's not bottled inside of you anymore. Senior Victoria Hanson has been writing in a journal for the past couple of years, "I find writing a good stress reliever. Writing in a journal is a very personal act, and it allows me to be honest with myself." Hanson prefers writing in a paper journal compared to an online journal like Livejournal or Tumblr. "I'm not afraid to say anything because no one will judge me. It's also fun to look back at yourself when

you're older to see how you were when you were 13." A trick that many people use is to write down their frustrations on a piece of paper, and then after they're done throw the paper away, symbolizing throwing away all your problems.

Sleep is very important for a productive day; many people become cranky if they don't get enough sleep the night before, so another easy way to relieve your stress is going to bed on time to get the right amount of sleep. A study done by Discovery Health showed that 26% of teens get 6.5 hours of sleep



Graphic courtesy of forbes.com from the American Psychological Association

a night when the recommended hours of sleep a teen needs to function properly during the day is 9 or more. Dr. Margaret Garcia, physician at Lee Family Practice says the way teens sleep these days affects everything, especially their stress levels. "So many kids don't get enough sleep. If teens just got the right amount of sleep during the night, their stress levels and mood would automatically improve because getting proper sleep affects your whole body."

With all the different stress relievers out there, don't be afraid of trying them. Being stressed is never healthy, especially because it's easily manageable. So the next time you're feeling stressed out about homework, or your job that's driving you crazy, or your family, take a deep breath and just relax. Take a nap, watch something funny, or talk to a friend. Simple acts like those will make everything just a little bit better.



Senior Prerana Nanda does a little bit of yoga before her APUSH exam.

old episodes of Scrubs on DVD, or Family Guy episodes on Hulu.

A study by Forbes Magazine has shown for the last two years that people use music to manage their stress more than any other stress-relieving method. In 2008, 52% of survey participants used music as a stress reliever, and in 2009 the number decreased to 49%, but the method is still number one on the leader's board. Whether you listen to fist-pumping dance beats, or the soothing sounds of Yanni, music has a heavily therapeutic effect on people. Senior Gordon Fenn uses music for therapy every day. "You can always find something that strikes your fancy in a song. In the morning, when there's a million names to choose from, I listen to hardcore music. It's simple, fast, and primal. I love it."

Sometimes, it's as easy as just talking to someone. It's never healthy to hold aggression and frustration inside, so try confiding in someone. Many people use therapists

"I find writing a good stress reliever. Writing in a journal is a very personal act, and it allows me to be honest with myself."
-Victoria Hanson

Stress-Relief Adventures

I decided that it's one thing to suggest stress relievers, it's another to actually try them out for myself, so I've tried a couple different stress relieving techniques to share my experiences with them.
Getting Enough Sleep: I suggest everyone put down this newspaper, and go to bed at the right time tonight. I'm the kind of person who tends to go to bed at 12-1AM and wake up at 6:30 the next day, feeling tired and cranky. Just one night of going to bed at 9 changed everything. When I woke up the next day I wasn't tired at all, and I felt pretty optimistic on the day. It was an easy fix that changed my whole attitude on situations during the day so I wasn't as stressed as I usually am.

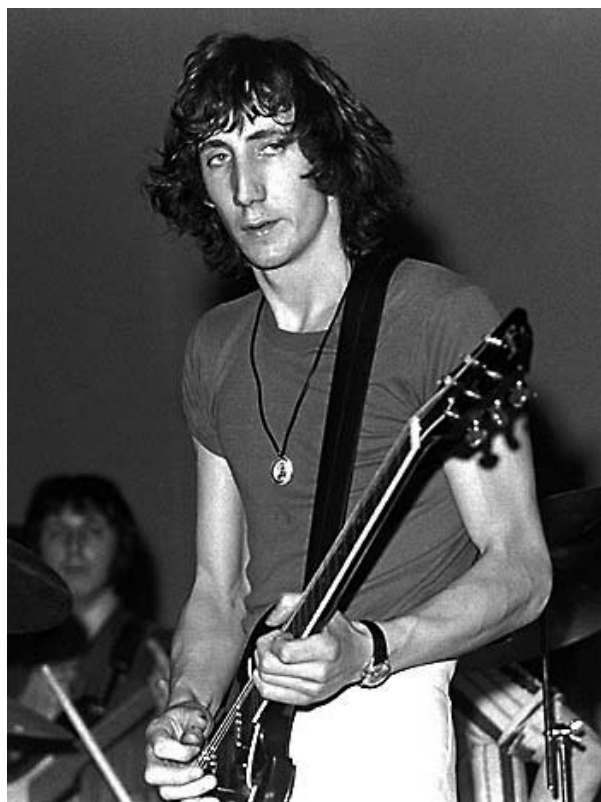
Laughing: I already laugh a lot during the day cracking jokes with my friends, but I was stressed out about one thing or another, so one night and decided to take a break and watch The Hangover. I am glad I did because not only was it one of the funniest movies I've seen in a while, but I just felt better about everything. I wasn't thinking about my stress anymore, I was thinking about the movie that still made me laugh an hour after watching it.

Venting: Believe me, I am no newcomer to the idea of venting. If you know me I will vent to you about anything and everything. But I tried writing in a journal to get all my frustrations out and I can honestly say it has worked well for me. I'm still writing in it every day, and just knowing that I told someone (or in this case something) my problems made things better.

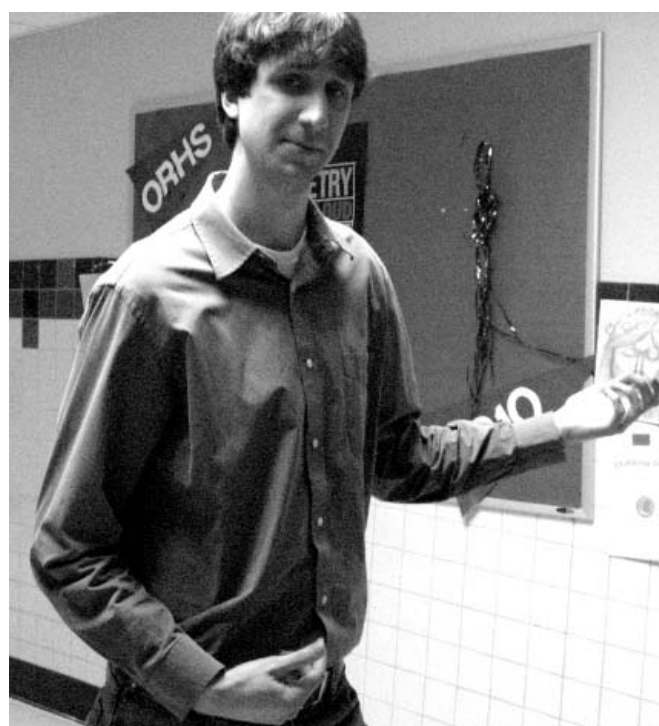
Yoga: I don't really like yoga. Never have. My mind tends to race a little too much for yoga, where you're supposed to focus on your breathing and your stances, I tend to let my mind wander and I think more about what kind of stuff I have to do later that day and things that are bothering me at the time so it makes things a little worse. Personally I can't do yoga for stress relief because it forces me to be more in my head than I already am, but it does wonders for others.

OYSTER RIVER LOOK ALIKES!

Some of you may have noticed that throughout the school there are many people who have familiar faces. Their faces might be similar to a celebrity, cartoon character or possibly even some sort of animal. So here they are, the lookalikes of Oyster River High School.



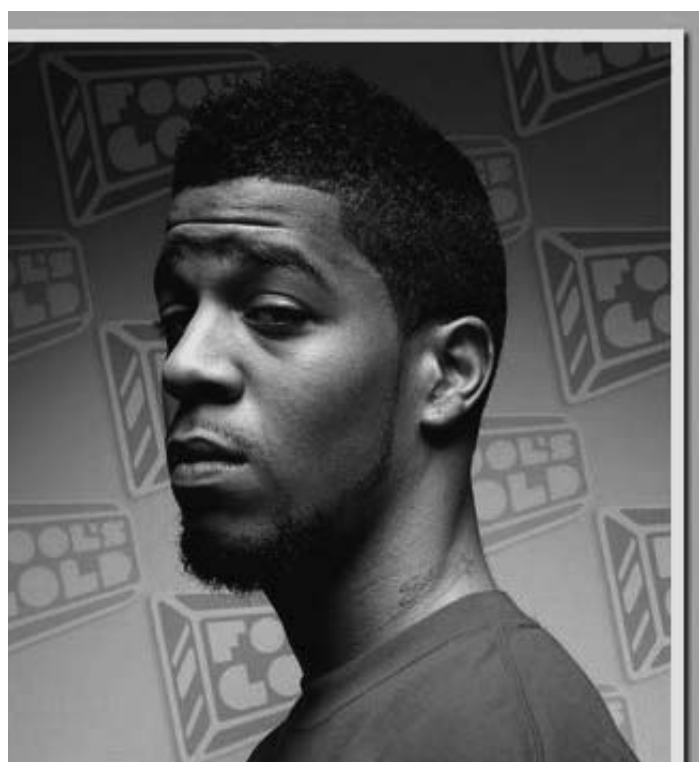
Mr. Jasinski
&
Pete Townshend



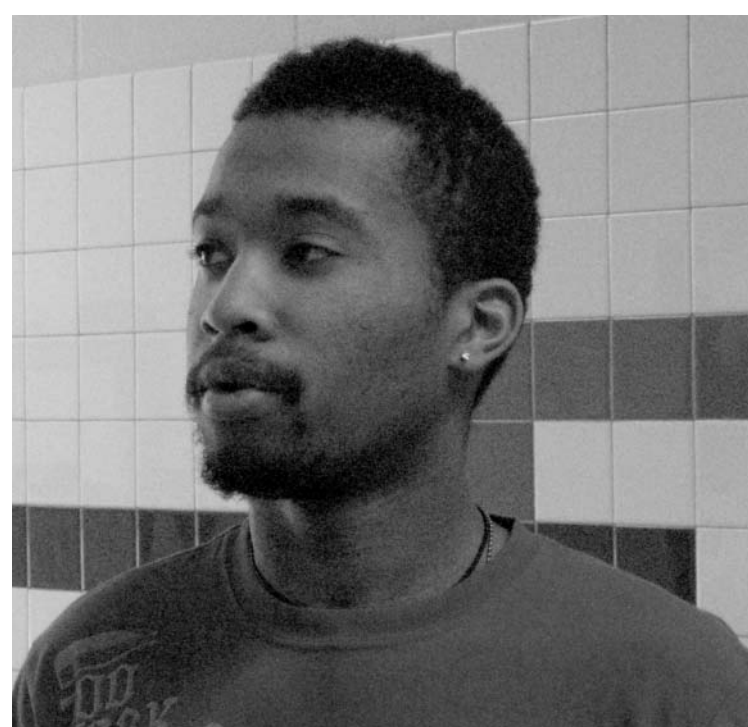
Dan Tauriello
&
Moises Arias



Mr. Erlich
&
The Grouch

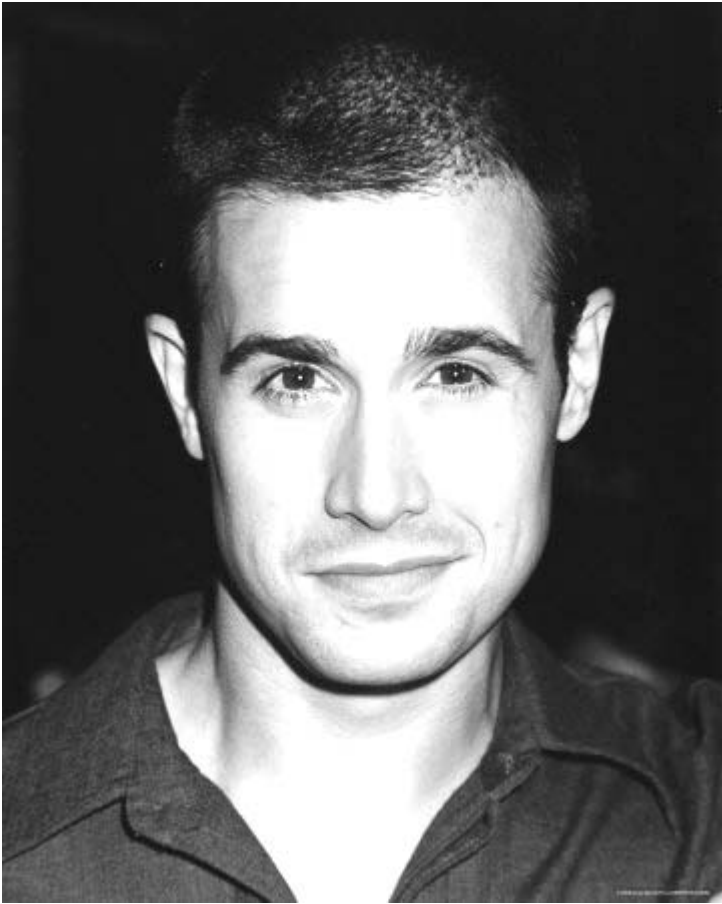


Isaish Winterbottom
&
Kid Cudi





Donovan Kelley
&
Wolverine



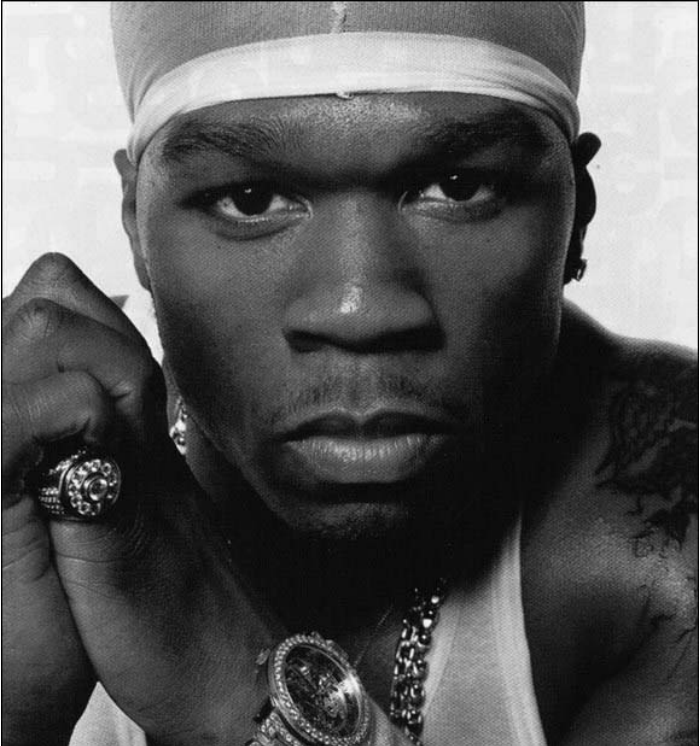
Cebastian Barrett
&
Freddy Prinze Jr.



Mr. Pappas
&
Waylon Smithers



Kyle Knight
&
50 Cent



Welcome to the Melting Pot: Background Stories on Local Chinese Restaurants



Bridget Regan
Features Writer

As you order your food your waitress repeats your order back to you, but with an accent that you can’t quite recognize. Where did she come from? What did she do before she came here? In a nation known as the Great Melting Pot, every immigrant has a story. Here are some of their stories:

Beef teriyaki, pork fried rice, crab rangoons, dumplings - all covered in duck sauce. These are all common types of food found near Durham. Without even thinking too hard about it, you can easily list off several Chinese restaurants in the Seacoast community. One of these restaurants in the newly opened Mei Wei right here in Durham. Mei Wei replaced the popular China Buffet. Since the closing of China Buffet, the location has been completely remodeled and redecorated to create a more formal and classy atmosphere.

Ya and En, mother and son, moved here from China over 7 years ago. En is the current manager of Mei Wei while Ya owns the restaurant. Ya owned the China Buffet with her former husband, but they recently got divorced and Ya bought the restaurant and

The Asia restaurant in Dover, NH was started up in the early 1970’s by Wong Lin Chung and his wife, Wong Yuk Yinn, speaking no English.

The Chung family was very poor in China in the late 1950’s, early 1960’s after suffering the effects of the Great Leap Forward, a time in Chinese history where the government was trying to change the economy into a modern communist society, but there were very little working opportunities for the citizens at the time. Yuk was a stay at home mother with her seven children while Lin was out working every odd job that he could find. One of these jobs included putting the two parts of a card board match box together. Needless to say, life was tough for them. The family



Hana Chung, Current owner of the Asia Restaurant in Dover, NH



changed it into the “cozy” restaurant that it is today.

En was 13 when his family first moved to the United States. His parents each worked in an office in China but they moved to the US wanting to make a good living and have a family. After En was in school, he started working in different Chinese restaurants in the evenings. Now he mainly just helps his mother out in her restaurant but also gets called up to work all over the country for Chinese restaurants that have jobs open up.

He has been living in New Hampshire for the past 7 years and likes the “nice” and “quiet” community we have here. As much as he loves NH, En would like to return to China at some point to visit his grandparents. The last time he saw them was three years ago in China. They were happy that En and his family moved to the states, but as most family would be, they hated the distance between them.

En wants to continue his life by helping his mom with the restaurant and maybe one day own the restaurant himself. Besides helping his mother, En enjoys reading, watching movies and cooking in his free time. He also really likes watching American basketball and football.

then took a chance in 1963 and immigrated to America after hearing rumors of Mao coming back to power. “We [moved] for opportunity, money, education and better living conditions,” said Hana Chung, the youngest daughter of Lin and Yuk and current owner of the Asia Restaurant. “We took a chance.”

The family was able to find some work through Hana’s uncle in Ohio who had sponsored them to come to the US. Lin found some work in a local Chinese restaurant there; they also found a local church to be a part of. When work started to become slow, they found some connections in Boston through their church. It was in Boston that Hana first started going to school.

“[My father] started out as a dish washer and worked his way up to a chef,” said Hana. “Then he landed in the restaurant business.”

In 1970-71, the family moved up New Hampshire and wanted to start a restaurant of their own. With Hana’s parents speaking no English, they had their oldest son, Mo, become their manager and use his knowledge of the English language to help make their dream come true. Mo and his father worked together to open what is now the Asia Restaurant. Family members became waiters and dishwashers. Hana also started out as a dishwasher but as she got older she did more and more until she had gone through every position and became the owner.

Hana currently owns the restaurant with her husband who also is from China. They met in her family’s restaurant. He was originally hired as a cook and as time went on, him and Hana grew closer and closer. “I hated his guts in the beginning,” laughed Hana at the memory.

As for the next generation of the family, Hana’s daughter and son, she wants her kids to do something outside of the restaurant business. “You have no life...[there’s only] work, work, work,” said Hana. “For me it came natural.” Hana never even considered working outside of her family’s restaurant business, it has been her whole life, but she’s glad that her kids want something else. As for the future of the Asia Restaurant, no one knows, for now, just enjoy your pork fried rice and hope that the restaurant will live on for a long time.



ON THE SPOT! What’s your favorite Chinese food and Chinese food restuarant?

- Sesame chicken - The Asia in Newington – Kyle Scarano
- Teriyaki chicken - Sarku Japan – Graham Beaton
- Pork Fried Rice - The Asia in Dover – Tyler Reynolds
- General Tao’s Chicken - Jade Garden – Emily Rodgers
- Salty Spicy Chicken - Li Wah in Sacramento, CA – Wally Keniston
- Beef and Broccoli with Shrimp Fried Rice - China Yan in Dover – Im-ion Powell
- California Rolls - Taipei & Tokyo in Portsmouth – Ashley Ayer
- Vegetarian Lo Mein - Taipei & Tokyo – Emma True
- Pad Thai - Thai Cuisine – Emily Dube
- Chicken Fingers - Jade Garden – Marissa Biederman
- Fried Rice - Jade Garden – Graham Wakefield
- Shrimp Lo Mein - Taipei & Tokyo – Brenna Cahill
- Egg Rolls - Jade Garden – Emmett Todd
- Lo Mein - Asia in Dover – Olivia Moore
- Crab Rangoons - Asia in Newington – Katie Silvia
- Scallion Pancakes - Taipei & Tokyo – Shelby Dillman
- Egg Rolls - Mei Wei – Alex Harling
- Chinese Doughnuts – Mei Wei – Liam Grenier

Local Chinese Restaurants in the Area:

- Mei Wei in Durham
- Jade Garden in Newmarket
- Asia in Dover
- The NEW Asia in Newington
- Great Buffet in Newington
- Taipei & Tokyo in Portsmouth
- Green Leaves in York, ME
- Pine Garden in Exeter



Timmy Short
Op-Ed Writer

Red Sox Fans...Take It Easy

I live and breathe the Boston Red Sox. During the summer I watch every game. In the off-season I stalk trade rumors and free agent buzz. I follow our players' conditioning programs. I can recite the batting order of all our minor league affiliates. I can tell you roughly when each prospect will make their major league debut. It's an obsession...or maybe a religion. Like a good Sox fan, I despise the Yankees. They're the enemy; the antagonists; the dark side! They're like one of those spoiled brats on MTV's *Sweet Sixteen*—they just buy anything they want. But the other reason I hate the Yankees is because they are damn good. On paper, they are perhaps the most fearsome team in the past 20 years. And because of that, Red Sox Nation is having a cow. But I'm here as an expert to restore order, to call for reason, to preach hope.

Bold Predictions:

- If healthy, Adrian Beltre will hit 30 homeruns
- Beckett, Lester, and Lackey will win 50 games combined
- The Sox will acquire Adrian Gonzalez at the trade deadline
- The Red Sox will have the second best defense in Major League Baseball

The 2010 Red Sox will be a great team for several reasons:

Number 1: The Big Three

This one is obvious. Josh Beckett. Jon Lester. John Lackey. What more could any fan ask for (yeah, other than A-Gonz)? Three proven aces on one staff is a recipe for success. The Yankees proved this to be true in 2009 and the Sox will follow suit this season. Everyone knows that it's pitching that wins championships. These three will win a combined 50 games this year, which means Dice-K will have more room to disappoint, Buchholz will have more chances to show flashes of brilliance, and Wakefield? Well, Wakefield will just throw his knuckleball the same way he's been throwing it since...forever.

Number 2: The Big D

With the exception of perhaps the Mariners, the Red Sox have the best defense in all of professional baseball. Take a look around the infield. Newly acquired Adrian Beltre has won numerous Gold Gloves and is not only statistically the best third baseman in the game but the best overall defender at any position. Marco Scutaro had the third highest fielding percentage of any starting shortstop in the American League last season and means an end to the shuffle at the position for the Sox. Dustin Pedroia and Kevin Youkilis are both Gold Glove winners themselves and compete for another every year. This infield will work very nicely with the high ground ball percentages from Buchholz and Lackey in particular. In the outfield, Ellsbury's speed in left field should help him excel while having to worry less about going back on fly balls. Mike Cameron, the new centerfielder is widely regarded as one of the best and most athletic in the game. J.D. Drew also offers above average ability in right. A good defense is the most underrated and valuable commodity in the sport and can usually help prevent dozens and dozens of runs.

Number 3: A Solid Offense

All those ESPN analysts and MLB reporters are talking about how the Red Sox are lacking a big bat in their order. But the starting lineup of the 2009 Los Angeles Angels—the same team that came within 2 games of winning the American League Championship—hit “only” 159 home runs last year. By comparison, the projected starting lineup for the Red Sox in 2010 will feature hitters who hit a combined 169 homeruns in 2009. Now take into account the fact that Adrian Beltre's home park last year was a notoriously bad place to hit. At Fenway, you can be sure that the right-handed-hitting Beltre will pound baseballs off the Green Monster all season, meaning lots of doubles, and with some lift, 30 homeruns. The big question mark is whether or not David Ortiz will return to form. He may not ever be the same 40 homerun guy he once was, but Papi will certainly have some sort of resurgence in 2010. It's a contract year and he is said to be in phenomenal shape after working hard during the off-season. He hardly hit a homerun for the first two months of last season and still ended with 28. He'll be back, at least enough to be the impact bat the Sox hope he can be.

The Conclusion:

Due to the success the Red Sox have had in the past decade, the once glass-half empty fan base has grown accustomed to a whole lot of winning. The prospect of a transition year is almost unthinkable. Over the off-season, Theo Epstein has done everything in his power to turn this so called “transition” period into another chance at a World Series. Red Sox Nation may be worried about the team, but the truth of the matter is that 28 other MLB teams would willingly trade rosters. Boston is a perennial contender and 2010 will be no different. If everything goes wrong, the Sox will make the playoffs, at least-maybe even get to the ALCS. But if everything goes right then those damn Yankees had better watch their backs because by this time next year they won't hold the title of World Champions any longer-Boston will.

Plus! Prospects to Watch: Casey Kelley, RHP, Portland (AA); Ryan Westmoreland, RF, Greenville (A); Jose Iglesias, SS, Portland (AA); Anthony Rizzo, 1B, Salem (High A); Junichi Tazawa, RHP, Pawtucket (AAA); Lars Anderson, 1B, Portland (AA); Raymond Fuentes, CF, Greenville (A)



The Red Sox recent sign-ings (from top): John Lackey, P; Marco Scutaro, SS; Mike Cameron, CF; Adrian Beltre, 3B



Hannah Allen
Op-Ed Writer

Boys, You Stink!

I often wonder why so many boys reek after sports. Their stench is overwhelming. Walking into a boys' locker room would be like driving by a dead skunk on the side of the highway on a hot day- sickening. Although walking into a girls' locker room is far from walking into a flower shop, it is nothing like a boys' locker room. Standing at a track meet, the topic of deodorant came up. I mentioned something about being worried that I smelled and possibly putting on more deodorant, and two boys turned to me like I was crazy. “Why would you put on deodorant?” one of them asked me. My jaw dropped as I quickly responded, “Umm, so I don't smell..?” The conversation turned into a somewhat heated debate about deodorant, or lack thereof that boys wear during sports. And there I had it, the reason why boys smell so much more than girls, they don't apply deodorant before sports.

I understand part of their argument, no matter what they will sweat. This is true, even though it's meant to prevent you from sweating, it doesn't always work. But along with keeping your sweat level down, it's also meant to prevent you from smelling. Aren't boys supposed to be impressing girls, rather than scaring them away from their unpleasant smell? Okay, okay, you guys aren't always concerned about impressing us ladies during sports, but seriously, must you smell that bad?

Another argument I heard from Senior Donovan Kelley was that sometimes guys smell bad on purpose to keep oponents from getting too close. Senior Tommy McDonnell strongly disagrees with that statement, “I think anyone who says that is kind of full of shit, the way an opponent smells doesnt matter,” he said. McDonnell thinks that the reason they don't apply deodorant is simply because they have grown used to smelling bad during sports.

Bringing up the topic of deodorant in the core brought up a lot of discussion. All of the girls made faces when the boys said they didn't wear deodorant during sports, and all of the boys thought the girls were crazy. After the heated discussion in the core, McDonnell went to his game later and actually applied deodorant before hand. Asking him about his experience he said, “It felt cool to smell nice during warm-ups.”

Senior Alexandra Sosnowski agrees that boys should put deodorant on before physical exercise, “It's supposed to keep them less sweaty and smelly,” she said, but also adds that it is more important after the game. Sosnowski is one of the many girls that finds herself turned off when guys smell, even if they are coming from a sporting event. Sosnowski, along with many other girls, finds putting on deodorant to be a habit before sports, “Otherwise I feel like I am going to smell,” Sosnowski said.

Obviously there are boys who apply deodorant before sports, and I thank you boys for doing that, and I understand that you can't to- tally prevent yourself from smelling and sweating. But for those of you who don't think it's necessary, you are wrong. Don't you feel weird when you don't have it on?





Timmy Short
Op-Ed Writer

The Death of Innocence: The Story of Charles Opiro

It was a mango tree that saved the life of Charles Opiro, the same mango tree that he had played under as a young boy. In the seven years since he’d last seen his hometown, Charles had become a very different person. His hair hung down his back in gnarled dreads, magazine clips crossed over his chest, and his best friend had become the machine gun at his side.

For the past two years, Charles has been living in New Hampshire, taking English classes, and telling his story to all who are willing to listen. He has not forgotten his past. At just twenty years old, Charles has made it his mission to help child soldiers in Uganda and Sudan who continue to suffer through the same atrocities he once faced.

When he was young, Charles’ life was one of happiness. He went to school, worked on his father’s farm and played with his friends. The reality of bloodshed and genocide seemed so far away. His father warned him of the growing danger presented by the Lord’s Resistance Army, but Charles’ 8-year-old mind could hardly comprehend the importance.

Charles was ten when they took him. He was playing in the road with his friends on their way home from school. Lost in their game, the five boys didn’t notice the several LRA soldiers waiting behind some elephant grass ahead, just as Charles’ father had warned. The soldiers ordered the boys to sit down. Three of them were deemed too young to fight, and were sent home. Charles remained along with his friend Patrck, who was only nine.

For the next two days, the boys were forced to trek for miles in the hot sun. They had to carry heavy loads with ropes tied to their hips. When the soldiers finally decided to rest, they told Patrck to go collect wood to make porridge. Instead, he attempted escape. But the child’s legs were no match for those of the soldiers.

“They brought him back to me,” Charles recalls. “And the thing they told me to do was to kill him. They said; ‘you are going to kill your friend’. I had thought that they were joking. Then they started standing around me...and gave me a stick. When they gave me a stick my friend started looking at me, crying.”

When he refused to kill Patrck, the soldiers started whipping Charles’ back. The only way to make the pain stop was to obey, and so he began to beat his friend. “I beat his head until his brains blew away.” Charles was forced to become a man at 10-years-old.

Soon after Patrck’s death, the soldiers made Charles swear his loyalty to the LRA by promising not to escape. He had no choice. “I felt like I would never see my family again,” he says.

The same grueling marches continued for the next several days. At one point there had been more than a dozen captive children just like Charles, but after a week, only three were left. “They beat our backs and our stomach,” says Charles. “Fifteen on our backs and fifteen on our stomachs. And if [we] cried, they would start again. [Some kids] would scream and cry and they would be killed right there.”

When possible, the LRA would take Ugandan government soldiers prisoner. One such prisoner was brought before Charles. “They made him kneel down,” Charles



Charles has made it his mission to spread awareness of the war in Uganda as widely as possible.

remembers. “They told me; ‘we want you to kill him. We want you to cut his head off.’ And I did. After that, everything I do, I don’t know what I’m doing.”

Charles had been enslaved for nearly month and a half when he was sent—along with almost 3,000 boys between the ages of 9 and 15—to be trained at an LRA base in southern Sudan. In an effort to prevent the LRA from expanding their forces, the Ugandan government heavily guards the border between the two countries, making it extraordinarily dangerous to cross over. Late at night, all 3,000 young boys rushed the border at once. Like Charles, most of them had no weapons; nothing to defend themselves. A third of them never even made it into Sudan.

“We got into Sudan and it looked very different,” Charles recalls. “Everywhere you would see people dead. It was very scary.” After crossing the border, those who were left were forced to trek for four days with hardly any food, water or rest, marching for more than 12 hours straight every day. Many more children died on the road from dehydration and fatigue. If someone collapsed or complained, they were killed immediately.

Upon reaching the base, the survivors were given just one week to recover—then the training began. The course of the training killed even more people than the trek.

“We were running, jumping, rolling, all day,” Charles says.

At night, they stayed in small huts—25 children crammed into a space the size of a one-car garage. “[We] had to either stand or crouch all night,” Charles says. “There was no space to lie down.” It was not uncommon for the boys to find dead bodies beside them in the morning. Charles can remember one corpse that remained in his hut for three full days before an LRA commander finally allowed it to be taken away.

The dead were thrown no more than thirty yards from the huts and new bodies were added everyday, until there were heaps of decomposing flesh. The smell was overpowering.

For six months, the training dragged on. When Charles turned 11-years-old, he was given a gun for the first time. “They told me; ‘Charles the gun you got is your

“...They told me to kill him,” Charles recalls. “They said; ‘you are going to kill your friend...When they gave me a stick, my friend started looking at me, crying.”

food, your water, your uniform, your shoes, everything,” Charles recalls. “I started to feel better because now I could protect myself.”

Charles was sent to fight the enemy for the first time. “They told me; ‘fight like you want to win. If you fight like you want to lose, you will lose your life.” At, 6:30 in the morning, the LRA crept into a Sudanese rebel camp and massacred them as they awoke.

After the battle, Charles discovered a single shoe. In all the distance he had been forced to march since he’d been captured, he had always been barefoot. For a long time afterwards, Charles switched it between his feet every few days. Even just one shoe was a prized possession.

Soon after the battle with the Sudanese rebels, Charles and 200 other young soldiers were sent back to Uganda to do what they were trained to do—kill. “They told us; you are real soldiers now,” he says.

For the next three years or so, Charles continued to cross back and forth between Uganda and Sudan, fighting all the time. Sometimes they went into villages to murder civilians. “We were ordered to cut off people’s faces,” he remembers. “Their noses, their ears, their lips, their arms their legs—and just leave them.” Charles even captured new children to bring to Sudan for training.

Charles’ regiment often did not have anything to eat for several days at a time. Some of his fellow LRA members would die for lack of water on their long treks. Charles knows that his own urine was the only reason he survived. “Friends would kill each other over their urine.”

On one very hot day, when neither Charles nor his regiment had eaten recently, they came across a large banana field. Like many others, Charles immediately charged toward the crop. When he was just 30 yards away, the soldiers of the Ugandan government suddenly rose from the bananas and opened fire. It had been a trick. The government, knowing the LRA was starving, had planted the entire field simply to draw them in.

Charles was shot through the right thigh, the bullet shattering his femur. He collapsed as the LRA troops behind him engaged the enemy. “I was lying on my back and I saw [grenades] flying above me and landing all around” he recalls. Charles struggled to his feet, fighting the pain. As he was retreating, he was shot again, this time just above the left knee. He lay there helplessly as the two armies fought around him, until the LRA finally managed to win.

With his legs badly wounded and no available medicine, Charles was afraid he would bleed to death. The only reason he is alive is because of the boiling water poured over his gashes twice a day. “It hurt so badly,” Charles remembers. “But it helped heal my legs.”

In the same battle, another of his friends had a bullet come through one cheek and out the other, taking all of his lower teeth with it. He could hardly eat because there was no way for him to chew. He didn’t think anyone in his home village would ever accept him with such a disfigured face. Shortly after the fight in the banana fields, Charles’ friend killed himself. “That is when I lost it,” Charles says.

Several weeks later, Charles returned to Sudan where he lay in a clinic for several months recieving treatment for his legs. Slowly wounds healed and his bones grew back together. Eventually, he was back with his LRA commander, and fighting in Sudan and Uganda once again.

Now 16, it had been almost seven years since he seen his home, when the order came for the LRA to attack a Ugandan government base near Gulu, near Charles’ hometown. “We were marching on the road close to my home,” he remembers. “And I saw a mango tree that I used to play under.” Suddenly, Charles’ childhood came rushing back, and he couldn’t help but think of what it had been like to live without constant fear. “That is when I decided to escape.”

That night, as the LRA made camp, Charles told his commander he had to go to the bathroom. “He told me; ‘all right but do not be long.” But Charles didn’t go to the bathroom. With a gun in his hands, and his commander’s massive backpack over his shoulders, he disappeared into the tall elephant grass and ran all night, toward the direction of his village. “I tried to stop and rest,” he says. “But everytime, the grass would move and I would think [the LRA] was right there. I was so afraid, I just kept running.”

In the morning, Charles came across the farm of someone from his village. He snuck up behind the man and placed his weapons carefully at his feet, for Charles looked very menacing, and the man would run if he felt threatened. “I said to him; ‘I need help,” Charles remembers.

But when the farmer saw Charles he took off running, fearing for his life. Desperately, Charles called after him; ‘I’m not going to hurt you, I just want to come back.’ Then he recited the names of his family. The man turned and came back until he was just a few yards away. “Charles?” he asked.

“Yes.”
Charles was free.

Except he wasn't. Charles returned to his home to find his mother and two brothers, along another brother he hadn't even met, having been born during his six year absence. Charles' father however was nowhere to be found. "My dad was not there," he remembers. "I asked for him."

Charles mother explained to him that his father was dead. A few years earlier, in 1998, he had gone to get food in order to feed Charles' young brothers. He encountered soldiers of the Ugandan government who mistook him for a member of the LRA. And so they killed him.

The entire village came to welcome him back home; to celebrate. But Charles knew that he was not yet out of danger. "I told them that they should not be happy because [the LRA] will follow me," Charles says. "Anywhere I go they'll want to get me back so we had to leave."

Charles led his entire village into the tall elephant grasses nearby to hide from the LRA soldiers that would inevitably arrive in search of the runaway. After just 45 minutes of waiting, the rebels came. "They didn't find anyone," Charles recalls. "But they started burning houses, and they started killing anything that breathed."

Over the next few days, weeks, months, the soldiers returned to the village seven times hoping to catch Charles. They never found him, but over time they drove out all residents, everyone too afraid to return to or rebuild their homes.

Charles soon discovered the reason that the LRA was making such a massive effort to find him. The Ugandan government took him to their barracks in Gulu in order to learn new information about their enemy. Charles turned over the backpack he had been wearing when he escaped. The backpack contained important LRA troop movements; valuable to the government and costly for the rebels.

For a month and a half Charles was interviewed daily by Military Intelligence for any helpful information he may have possessed. The government pushed him to fight for their side; to avenge the last 6 years of his life, but after so much death and suffering Charles refused. Eventually he was sent to a counseling center where he spent the next two months with 300 other Ugandans seeking refuge. "I was treated very well," he recalls. "They cut my hair."

When Charles returned home he was not treated as a hero, despite the fact that he had saved all of their lives months earlier. "They were upset for what they had lost," he says. On one occasion, a good family friend invited Charles over to dinner. "They made me chicken and rice," he remembers. "I didn't know there was poison on the food. They wanted to kill me right there." But Charles did not eat right away. Instead, he decided to play with the family's young child first, leaving the food unattended in the kitchen. The family's older son came home to find the plate untouched. He died of poison. Instead of killing Charles, the family lost their own son.

"I couldn't get any friends to be around me," Charles says. "Everywhere I went they stayed away from me. If I tried to be around anyone, they just keep calling me 'the rebel' as if I was going to hurt them. They didn't want to be around me."

Charles' aunt heard of the taunting and threats that her nephew was facing at home she came to take him away from his village. He stayed with her for a while in the city of Gulu until she died of HIV leaving Charles without a home once again. He did not want to return to his village to face the hatred of his neighbors. "I went to sleep on the ground in downtown until daytime when I could look for work so that I could get something to eat."

For four months Charles did not have a home. He lived on the streets finding different odd jobs every morning to feed himself. At last he met a family that allowed him to stay with them. Charles was finally able to save some money. During the day he dug latrines and after six months he had enough to begin renting his own house in Gulu.

One day, Charles ran into the family he had stayed with on the street. They presented him with an opportunity to go out of the country. They knew someone who worked with an organization that wanted Charles' to tell his story outside of Uganda. Charles was able to visit Sweden to tell of his suffering through a translator. For the next few years, he traveled there several times to spread awareness of the invisible war raging in his homeland.

In between trips to Sweden, Charles was at home in Gulu where he met an old friend downtown. "He was looking for a place to sleep," Charles remembers. "And I had a house. I told him; 'you don't have to look anymore. You can come sleep in my house.'" The old friend returned with Charles to his home and they cooked and ate and slept. In the morning they awoke. Charles left to find a job for the day and told his friend that he could stay as long as he needed to. After working a long, hard day, he returned home at 9 p.m. to find that his "friend" had burnt his house down. Charles lost his passport, his clothes, the things he'd gotten in Sweden—everything. Once again, he had nothing.

He received clothing and shelter from some of his other friends. Soon after, he met someone named Conrad, a member of ChildVoice International. In 2007, with the help of ChildVoice, Charles came to the United States for the first time to tell his story to America. For the past few years he has been learning English and speaking to classes and communities about his past.

Although Charles is doing very well, he still must face the consequences of a life he was once forced into. The American government considers Charles a terrorist even today, despite his efforts to help his fellow Ugandans.

"I am just trying to help people know what is going on in Uganda," Charles says. "So that they can do something to change people's lives."



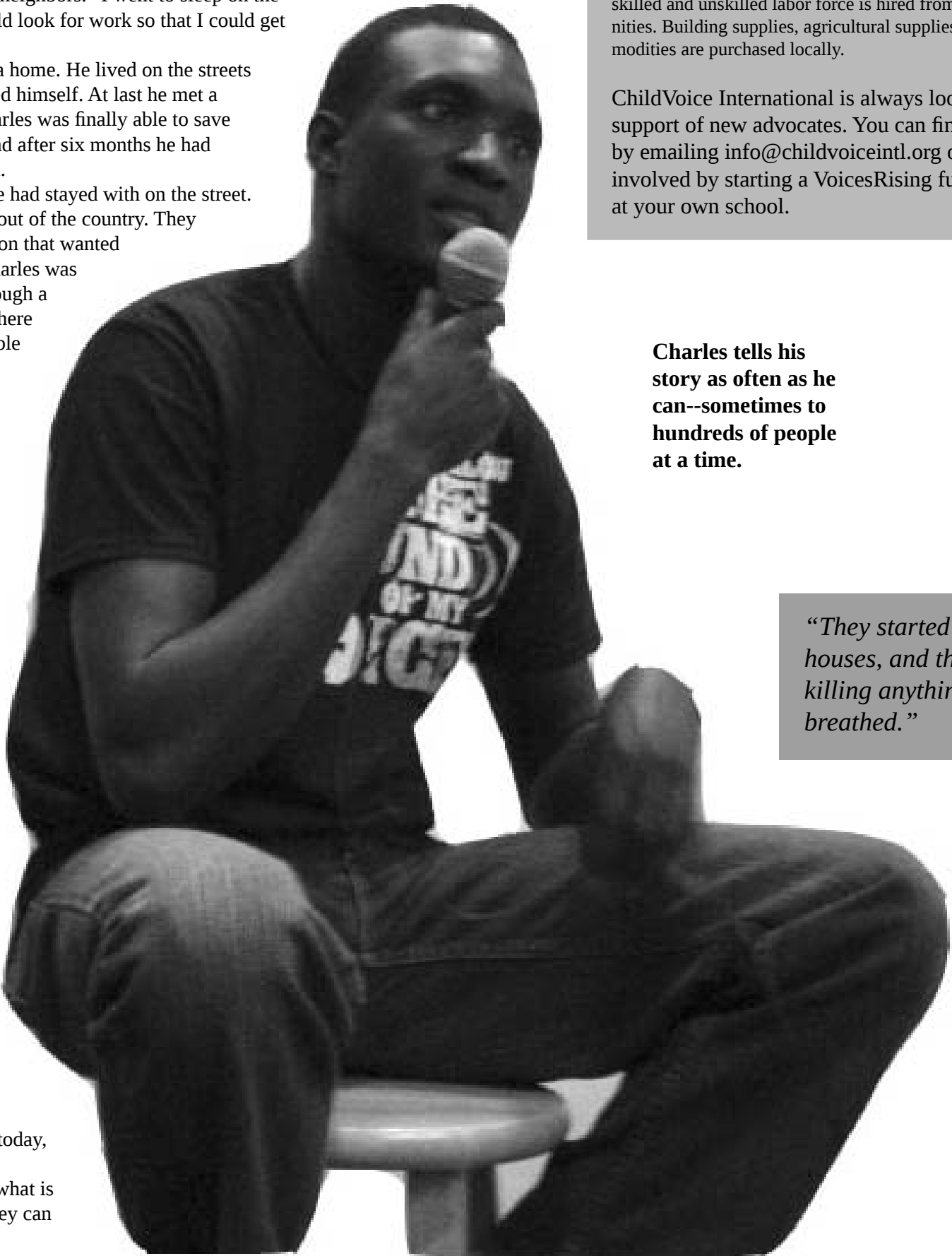
ChildVoice International is an organization "seeking to restore the voices of children silenced by the war, such as Charles. It was formed in April of 2006 when the suffering and brutality occurring in Uganda finally showed its face to the rest of the world. Experts estimate that more than 30,000 innocent children have been kidnapped and forced to fight a war between adults and government.

- ChildVoice offers many programs to help former child soldiers find success:
- Counseling** - Participants meet regularly with a culturally competent counselor who is able to facilitate emotional and spiritual recovery
 - Remedial education** - Participants, whose everyday life, including schooling, was interrupted by the intrusion of violence, take part in basic education classes aligned with government mandated curricula
 - Life skills training** - Participants, having suffered the loss of parents, relatives, teachers, or mentors in the war, get guidance in acquiring skills needed to navigate life -- including relationship building, problem solving, parenting, and saving money
 - Vocational training** - Participants choose from several class options that teach market-able skills that can sustain a living once youth graduate and return to their home communities
 - Income generating projects** - We implement income generating projects, including developing and marketing a product, establishing saving habits, and creating sustainable income for the participant and the program

- ChildVoice also seeks to restore some order in Ugandan communities:
- Education** - We support local schools by refurbishing or building facilities and providing meals for students
 - Health care** - We establish clinics (or support existing ones) and provide medical supplies to targeted communities
 - Water and sanitation** - We assist the target communities to develop sustainable, safe water sources and sanitation systems and practices to break the disease and contamination cycle.

- Income generating projects** - We guide and support groups of community members in developing and marketing a product, establishing saving habits, and creating sustainable income
- Revitalization of the local economy** - Whenever possible, the skilled and unskilled labor force is hired from the target communities. Building supplies, agricultural supplies, and other commodities are purchased locally.

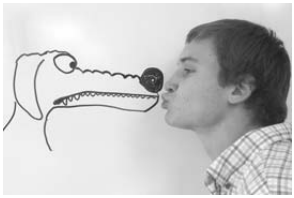
ChildVoice International is always looking for the support of new advocates. You can find out more by emailing info@childvoiceintl.org or you can get involved by starting a VoicesRising fundraising group at your own school.



Charles tells his story as often as he can--sometimes to hundreds of people at a time.

"They started burning houses, and they started killing anything that breathed."





Donovan Kelley
Op-Ed Writer

don't understand how lucky we are to be living in this town; and going to this school. Being able to have the chance to get a good education and make it to the next level doesn't seem very important to some people. If you spent one night out in the cold, you will quickly realize how important it is to stay in school. I'm not saying that we all need to go out and be homeless for a little while; we just simply need to take a step back and realize how fortunate we are. It's very frustrating to hear people talk about 'how pointless school is'. Although an occasional math or science class may feel that way to you, the basic concept of time management and being dedicated is still extremely important. Living in our country and having very little money is so difficult currently; living in our country and being homeless is next to impossible.

January 16, 2009 - Timmy Short, Dan Tauriello and I embark on our journey to Portsmouth to spend 24 hours being homeless. It seems like a simple task when it is talked about casually, but until you actually experience it in the winter - you will never know. Walking around and looking for change during the day isn't the hardest part of being homeless in the winter. Trying to find a warm, safe place to sleep is the hardest.

At 10:30 I arrive at Dan's house to pick him up so we can get our things together.



Halen, but for the most part it was pretty quiet. Both of us were thinking deeply about how much this was truly going to suck. There was no nicer way to put it, saying it wasn't going to be very pleasant was laughable. I know for me, the worst part was not knowing where I would be sleeping that night.

When we arrived at Timmy's house, we went upstairs and filmed a video log of us getting prepared. Pretty soon after that we were off and running. We hopped into my car and headed towards Portsmouth. When we turned on the radio coincidentally, 'Baba O'Reilly' was on the radio. Roger Daltry screaming "Teenage wasteland!" bumped from my speakers as we crossed over the bridge heading to Portsmouth. We were teenagers entering a wasteland. A wasteland that most people have no clue even exists in Portsmouth. We searched for a while to find a parking place, and by

Going Homeless: Part I

Have you ever wondered what it would be like to be homeless? For years I have wondered how homeless people can make it through our awful New England winters. I just purely couldn't imagine what it would be like to sleep outside, or even in a homeless shelter. It is something you will never fully understand until you try. People just literally

don't understand how lucky we are to be living in this town; and going to this school. Being able to have the chance to get a good education and make it to the next level doesn't seem very important to some people. If you spent one night out in the cold, you will quickly realize how important it is to stay in school. I'm not saying that we all need to go out and be homeless for a little while; we just simply need to take a step back and realize how fortunate we are. It's very frustrating to hear people talk about 'how pointless school is'. Although an occasional math or science class may feel that way to you, the basic concept of time management and being dedicated is still extremely important. Living in our country and having very little money is so difficult currently; living in our country and being homeless is next to impossible.

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I helped him put together the necessities of living on the streets. First we compared our clothing. We both brought extra long sleeve layers to wear under our jackets; along with sweat pants under our Carhartt pants. Dan asked me if bringing a blanket would be necessary; at the time I was very foolish.

"All I am bringing is a bath robe for a blanket, that will keep me warm," I said, thinking this was a very good idea at the time.

Dan liked the idea and ended up bringing only a bathrobe for blanket use as well. Little did we know that this was going to be our worst decision of the night. I can clearly remember freezing my butt off, trying to sleep. The image of Dan and me in his room was playing over and over again in my head. Each time it would be a little different, in my head I was telling Dan to obviously bring the blanket.

After we got the rest of our things together, we headed off to Timmy's house. This was where we would start doing our video logs, and made our plans.

The Allman Brothers were blasting from my speakers as we rolled to Timmy's house. Dan and I didn't really talk that much on the way there. A few words were spoken about how much we couldn't stand Van

eleven found the perfect spot. We got out of the car, got our things together and started walking. This was what we would be doing for most of the day. We trekked through the snow behind old out of use buildings. After maybe two minutes of walking we stumbled upon a beat up condemned building. Half of it had been knocked down, leaving a few rafters and a convenient place to store a boat. There were beer cans and empty bottles of vodka everywhere. Off to the right there were sleeping bags, rotten boards, and cigarette butts. This was our number one option for sleeping, which was a horrifying thought. Luckily, to the left of this creepy place was another, more sheltered condemned building. There was nothing in the downstairs but a few boards, road signs and a pair of boots. We walked up the stairs, over a disgusting rotten floor and found a nice secluded area. It was the top room of the building, and was capable of locking. This would end up being where we stayed, and was by far the safest.

After a few hours of walking the streets, looking for change and talking to freshmen girls from Oyster River, we decided to head to Prescott Park. We sat on the stage for what seemed like an hour, but ended up only being 20 minutes. We needed a place to store our bags; they were just too heavy to carry around. Several minutes later I found myself crawling under the stage, storing my bag in the grimiest spot I could imagine. The most important part was it was safe though, we were all pretty confident that no one would be stealing our bags from under the stage. We sat for a while, people studying. A man walked by in an army jacket, using his walking stick (large branch) to lead the way. Two kids probably around the age of 17 walked by smoking cigarettes. There was a man on the far side of the park, taking pictures of the water. He seemed pretty friendly, and very worthy of an interview.

We awkwardly walked over to the man, hoping he wouldn't we freaked out by us; I would have been. We looked like a crew of young kids ready to mug someone. He was a nice guy, laid back but very insightful. We talked about what it would be like being homeless, what the different types of homeless people are and how our society treats homeless people today. He told us stories of when he was a social worker, and dealt with many homeless people. One story in particular caught our attention. He told us of a homeless man in Manchester by the name of 'The Professor'. The professor was a regular man who happened to teach at Saint Anselm's College. His house burned down when he was teaching there, and killed his family. After that the professor didn't want to be kept inside anymore, he had money but chose to be homeless. From then on, he walked the streets giving knowledge to anyone that listened. We found this particularly interesting because most people never think of homelessness as a choice. The thought of choosing to live on the streets, even if you had money blew my mind. After a while, we parted ways. We gained a lot of knowledge from this man. He gave us the advice to get an education and question authority.

It was getting to be lunch time and we were all pretty hungry. We pooled together the two dollars we each had and bought a bag of hot dog buns and a jar of peanut butter. The lady at the convenient store kindly gave us a knife to spread the peanut butter into our hot dog buns. We set off for Prescott Park again. This time we sat for a long time. No one said anything, we just sat and ate. At the time, it tasted like the greatest meal I had ever eaten. We each had two hot dog buns, filled with peanut butter. It immediately gave us the boost we needed.





Timmy Short
Op-Ed Writer

Going Homeless: Part II

Following our respite of peanut buttered hot dog buns, we realized that we honestly had nothing to do. We took to wandering the streets of Portsmouth. We walked everywhere; around Market Square, through the Sheraton, toward Prescott Park, past Seacoast rep—you get the picture. Suffice to say, our legs really began to ache. Of course, we could have stopped walking, but what else would hold our attention. For a while we amused ourselves by spitting off the top level of the parking garage, but that didn't last long and so we decided to call up Mrs. Raiford to come meet us at Breaking New Grounds.

When she finally arrived, she profusely requested we allow her to treat us to coffee. It was all we could do to resist as we were cold, tired, and thirsty. Donovan, Dan and I settled for small plastic cups half-full of water instead. Mine had visible pieces of dirt suspended inside. I drank it anyway. The three of us, along with Mrs. Raiford, took a jaunt through some back roads discussing the city's homelessness. She told us about a shanty village hidden in the woods near Prescott park, and described how so many people had no where to sleep but their cars.

It was about 4:30 and nearing dinnertime. Mrs. Raiford suggested we volunteer at a soup kitchen, and perhaps get a meal out of it. It had been several hours since our peanut butter "meal" and we realized that we had no other options for food. After a particularly odd and coincidental run-in with Mr. Zottoli (of all people), we bid Mrs. Raiford good-bye and headed into the Salvation Army to offer our services.

Inside we met a group of five men and women preparing a meal for the crowd of homeless people that gathers every night of the week from 5 pm to 6 pm to eat. They were pleased to let us help and put me to work mixing jugs of iced tea. The "dining room" was really just a handful of plastic tables and a few dozen cheap looking chairs. Outside the door, the line of people grew steadily as the poor and homeless counted down to 5 o'clock, waiting for food.

We placed hot dogs, beans, mac and cheese, American Chop Suey, and brittle Christmas Cookies on long tables at the front of the room. Another volunteer gave us some quick training. "Always wear plastic gloves," she said. "And don't let them touch or grab anything. Only you can do that. They're not even supposed to put on their own mustard."

At 5, the hungry people streamed in, taking a plate and moving down the line. The volunteers wore plastic gloves and held serving spoons asking each person that passed: "Would you like some refried beans?" or "do you want some mac and cheese?" or "would you rather iced tea or water?" It was worse than a high school cafeteria, I thought, this is how they eat every single day.

For the next hour, Donovan and Dan handed out hotdogs and rolls (which hardly lasted 20 minutes). Meanwhile, I counted. It was my job to keep track of everyone that came through the door. Each person was another

dash in a black binder. The homeless of Portsmouth have become nothing more than tally-marks to even the most charitable of ordinary citizens. By 6 o'clock, 44 people had come for dinner, and it wasn't just the stereotypical homeless, either. There were some who appeared to be businessmen, the very old, and teenagers no older than myself.

When they had all left Donovan, Dan and I were allowed to eat the leftovers. The food was straight-out-of-the-can and now cold, but we were hungry and ate it nonetheless.

After dinner, we sat in Market Square for a while which was bustling with not-quite-young club-goers, until Donovan's girlfriend paid us a visit. We sat in Breaking New Grounds for a while, trying to stay warm before hitching a ride to Crossroads House, a homeless shelter in Portsmouth.

The inside of the shelter felt more like a hospital or a school than a home. The first things we saw were the tiled walls, the linoleum flooring and a front desk manned by two employees. Now it felt more like a jail.

The only person willing to talk to us was a woman who wasn't open to a traditional interview. We weren't allowed to go any further into the shelter either. However, we learned that Crossroads House gives shelter to around 70 people every night, some of which are families. They offer Alcoholics Anonymous meetings as well as a new Cocaine Addicts Anonymous program. But the most intriguing statistic that we discovered was that many of the people who stay at Crossroads House are employed full time. They have money in their pockets, but they can't afford any type of housing.

When the three of us left the shelter, we faced a two mile trek back to downtown Portsmouth, which we would rather have avoided at 10 o'clock on a 15 degree night. So we decided to hitchhike. We were picked up by a generous UNH student and were back in Market Square in no time.

After collecting our gear from our hiding spot under the stage in Prescott Park, we headed back toward downtown. We spent a while sitting outside a club in Market Square listening to live music through a massive window and watching drunken 30-year-olds grind awkwardly. Then we sat in the lobby of the Marriott for about 20 minutes, relishing the warmth of such a lavish hotel and realizing the contrast between it and the place we would be sleeping, which was just a few hundred yards away.

It was past 11 o'clock now. With our feet dragging and our eyes drooping we decided it was time to turn in for the night. Back into the icy darkness we went. Our "house" was somewhat away from the lights and noise of downtown, so as we crossed the nearby train tracks, the flashlights went on. Turns out our choice of shelter was no where near as inviting in the dark.

We tried to build a blockade in front of the door using road signs and an enormous wooden board. It wouldn't have stopped any intruders but at least it would wake us up quickly enough to find some sort of weapon. The floor of the room we were to sleep on was covered with grime and dust and dirt. We lay down and covered ourselves with makeshift blankets—our bathrobes. I didn't even have a pillow. It must have been ten degrees as we tucked ourselves in.

The next two hours or so were some of the worst of my life. Not only was I much too cold to fall asleep but I was absolutely scared out of my mind. As I tossed and turned beneath the skimpy robe, I began to realize just how horrid our conditions were. We were sleeping in an abandoned, rotting, filthy two-story shanty hut in cold winter weather with nothing to keep us warm.

At 1:30 in the morning Donovan, Dan, and I were all wide awake, shivering, restless and on edge. Simultaneously, all three of us voiced the same opinion: "we need to get the f*** out of here." Within a minute we had collected our gear and were headed out the door, although not before I nearly fell through the rotting floor of the second story—my foot went through up to the shin.

We didn't make it. The next morning found us back in my real bedroom, where the whole journey had begun. After leaving the hut, we had tried to sleep in the car for a while but had found it to be just as uncomfortable. We decided it just wasn't worth it. Although it felt like we had wimped out, we recognized that it was truly a testament to how difficult homelessness really is.

We often hear about poverty, suffering, and homelessness but are too far removed to do anything about it. We assume that these problems only appear in huge cities, but Portsmouth is right around the corner.

Donovan, Dan and I live in nice houses, we drive our own cars, and we eat anytime we want to. We are all planning on going to college, getting good jobs, and being well-off. Perhaps our 15 hours of homelessness didn't change any of this, but it certainly gave us a new perspective into the reality of other people's lives.





Hannah Allen
Op-Ed Writer



Some of the social studies clique enjoying their lunch together in the second floor project room

“Where you sit in the cafeteria is crucial.” *A look inside the teacher cliques*

“Where you sit in the cafeteria is crucial,” Damien says in the 2004 film Mean Girls. In many different classes in high school the word clique, and popular have come up in group discussions, and the teacher always tries to express the same thing, everyone should treat each other with respect. But here at Oyster River I have noticed a lot of teacher cliques. Passing the first floor project room I see the foreign language teachers eating together, peaking in the art room I see the art department with Mark Laforce and Mike Troy, the P.E department is seated at a table in the gym with Bob Heuchling and Don Maynard. Some would argue that these teachers just eat with their department, and are willing to let others join the lunch table, but what happens when an “outsider” joins? I decided to do a little investigating and eat lunch with some of these groups to see what really happens. As I entered the teachers’ lounge on the second floor, I immediately felt welcome and that they were all excited I was coming to their lunch. Celeste Best, Mary Kishbaugh, Pam Carr, Debbie Sheldon and Jennifer Wainwright all eat lunch together in the lounge, although they are the usual five, they welcome visitors. They all seemed aware of the fact that the faculty here breaks themselves into lunch groups just like the students do, but Carr says, “The difference is that people in the art room don’t hate me just because I don’t sit with them at lunch.” Their lunch period seemed extremely friendly, they were always laughing and keeping the conversation going. It was clear to me just by listening that their friendship went beyond the walls of the school. “We have a stitching group,” Best explains. As she brought this up the rest of them chimed in saying that it had been too long since they had last met, and they

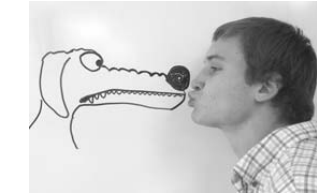


Celeste Best, Jen Wainwright, Mary Kishbaugh and Debbie Sheldon eating lunch in the second floor teachers room. Unfortunately Pam Carr was not present at the time of this picture.

decided then to plan their next evening. If you are a student or faculty member at Oyster River High School, you are probably aware of the social studies car poolers, Brian Zottoli, Pam Raiford and Dave Hawley. The social studies department is arguably the most noticed “clique” to the student body. They are always eating lunch together and walking in and out of each other’s classrooms. “We are friends outside of school,” Raiford explains. “We get together outside of school for dinner.” The vibe inside the T203 project room was very upbeat as I joined their lunch, everyone seemed to be laughing and smiling. I asked them what they thought about teacher cliques, and the way they break themselves up into lunch groups, “It is the way the school is structured,” Raiford explains. “It’s not intentional or a conscious decision. I wish we were less isolated.” Dave Jasinski added, “We don’t approach it like, ‘This is where I am supposed to be.’” The Physical Education department (along with the art department) are the only teachers who work together in the same confined area all day, so it’s no question that they are close and spend time together. Amy McPhee, John Morin, Iman Powell, Bob Heuchling and Don Maynard gather around a fold up table in the corner of the gym for lunch, “We all have our own seats,” McPhee explains. “It’s weird when someone is missing.” The cliques formed by the teachers may not me as prominent in the school as the cliques made by students, but they are definitely there. While they may admit to letting anyone join them at lunch, I picked up on a few comments that made me think otherwise. Overall all of the faculty members seemed fairly open to me joining them for lunch, I am curious as to what would happen if a different department member tried to join. Maybe for my next article I should disguise myself as a teacher...~



A photo that was taken last year of the art room clique. Here they are enjoying a nice box of ice cream sandwiches together.

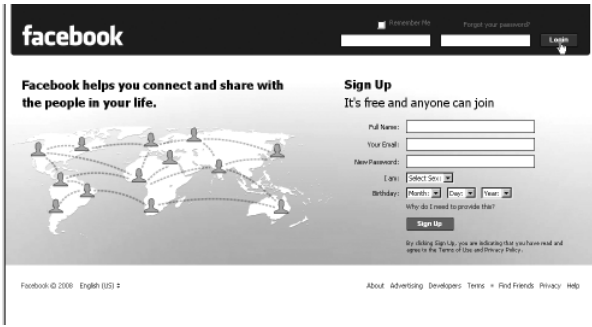


By Donovan Kelley
Op-Ed Writer

THE LIBRARY: So lately during lunch I have attempted to read in the library. This seems to be a nearly impossible task; seriously. It seems that I can get a solid reading in for maybe fifteen minutes then a large crew of really loud sophomores and juniors come barging in. This is so bothersome, saying there is nowhere in our school that you can quietly read. This shouldn’t be the case; you should be able to read in library - shouldn’t you? I have always felt that it is just common courtesy to be quiet in a library, even if the librarian doesn’t enforce it. Unfortunately at Oyster River, we really don’t have common courtesy. People just think that the library is a study hall, where they can just goof off. So why is this happening? Why does everyone have the urge to go to the library? Well, after a good amount of library studying I figured out the problem. Although there are some annoying sophomores, the juniors are the main culprits. “We just don’t have anywhere else to go, we can’t go to the core during our lunch,” said junior Chris Walker. After talking to a few juniors in the library, this was the main reason that I got. So I want to know something; why is it considered bad for students to annoy other classes in their own core but not bad when they annoy people studying in the library? I feel that we should have somewhat of a democracy at this school. Although for some reason once one teacher complains about something, they immediately see results. “If we could go to the core we would, but the library seems like the best option,” said junior Alex Hennessy. Why should they have more say than a hard working student? For this reason I find it hard to blame the juniors, although a library is still a library. That means shut up, and do work. Please don’t come to the library to chit chat about pointless nonsense at an excessive volume. After a lot of thinking I have come up with some thoughtful alternatives for the library. My first idea was opening up the upper loft. Many people don’t realize this, but there is an extra classroom right above the library that really isn’t in use. The only thing that it is used for is storage for costumes. Well I think we can find another place to store those and use that room in a productive way. My idea was to open that top part as a quiet study area. Throw a couch or some desks up there and just use it as a nice quiet place to do your work or read. My next idea was to open up the writing center for kids to work in. Like the secret room, most people do not know there is actually a secret hallway connecting the library to the writing center. If we had a teacher or anyone monitor the writing center during lunch, you could fit plenty of kids in there to goof off and be as loud as they want. That would be very productive, and if they got out of hand you could just send them on their way. My last idea is very similar to that last sentence. It’s about time that we start kicking kids out of the library. Give them a warning, and if they keep up the nonsense, give ‘em the boot. FACEBOOK: I have had it with facebook. I actually can’t take it anymore. Literally everything on that website is just starting to annoy me. It used to have pretty good intentions but they have all been left by the wayside. Now there are far too many annoying applications and games that it is almost impossible to navigate. Anytime you log on there are 800 different posts of people you don’t even know telling you things you don’t want to know about their life. I have had enough, sorry facebook but I had to delete you. I don’t know how long this will last for, but I hope a while. “I like it because you can talk with people you don’t normally talk with but I can see how it gets out of control,” said senior Craig Goddard. I know at some point down the road I will end up reactivating it – maybe not – but for now I need a break. I find it really scary how a simple website can take people’s lives over, literally. Some people spend all day after school on facebook; creeping on photos or playing Mafia Wars. Go outside for a change; stop living your life through a computer. I dare anyone that reads this to try and delete their facebook for a week. If that works, keep it deleted! We have become a society dependant on computer communication. I bet most people wouldn’t last more than a day with it deleted. Even after a few days of my facebook being deleted, every time I would go onto the computer I would think to check it. That’s when I knew it was a personal problem for myself. “I hate facebook; I don’t see why people are so dependent on it,” said senior Dan Tauriello. Facebook is just another fad folks, just like MySpace. Soon enough something else will come and people will leave facebook behind. It may not happen for a few years, but believe me it will. As a society we need to change our ways, as soon as possible. Everyone needs to take a good hard look at how much time they spend on the computer. We have the beautiful outdoors right next to us that is waiting for you to enjoy, stop brainwashing yourself on the computer. Even if it’s too cold to go outside I mean, pick up a book, or draw some pictures. Do anything productive rather than clicking away at your computer and playing mindless games. I hope you take this into consideration and try something new, and maybe even slightly intelligent.



Getting annoyed in the library by Gabby Brodeur and Brittany Daly



Courtesy of Facebook

Faculty Forum: This Just In... Outbreak of Civility Hits ORHS!

by Judy Kucera - MOR Advisor

“Hey, Mrs. Kucera, can I help you with that?”
I was wheeling the mobile computer lab down the hallway past Senior Connor D’Amours when he asked if he could help me out. “No thanks Connor,” I said.

And so the spark of an idea was formed. I’ve written faculty forums in the past – usually deriding student behavior, or commenting on some issue at hand. But, this time will be different. This time it’s going to be a truly groundbreaking, newsworthy, stop the presses, call CNN because the balloon boy’s got nothing on this, topic... Our students are – nice!

Mostly. (That student last week who didn’t hold the door open for the kid on crutches – this whole column doesn’t apply to you. You know who you are...)

Back to my point, it’s true, the students here are nice. I’ve had students hold the door open for me when they saw my hands were full, smile at me in the halls, say hi to me even though I didn’t have them in my classroom anymore, and even help me pick up some papers that I dropped on the floor.

And the list goes on! In my classroom, I experience endless niceties from my students. They tolerate my random and frequent stories about my twin boys with smiles and polite responses when secretly I know what they’re thinking. (Oh my God please, not another story about some cute thing her kids did.) They tolerate me when I slip pictures of my children into my Power point presentations and then feign surprise. (Here’s the scene: “Oh, how did that picture of Calvin get in there? Isn’t he cute!?” And they all nod politely.) They tolerate my side-trips into my journalistic past and strange jobs that I’ve held. (Thank you for listening to my retelling of my job at the ant farm over and over. Oh, I haven’t told you that one?) They wait to sharpen their pencils and blow their noses until some pivotal moment of teaching is complete. And, they even get up to put the extra handouts away into the appropriate file box.

And, at the end of class, they sometimes say stuff like, see you later Mrs. Kucera, have a nice weekend, or once I even got a “thanks for a good class.”



Senior Devon Miller illustrates just how nice the students of Oyster River really are.

It’s very tempting to criticize and vent about the next generations to come. I mean seriously, you do dress funny, swear too much and always have something plugged into your ear. But, when it comes down to it, the majority of you are good people that I would be happy to spend time with, even if I wasn’t paid to do so or obligated by a contract.

I’m thinking about the group of kids that stayed after school to come up with ideas on how to raise money to send to Haiti, the kids who dive into the icy waters of the Atlantic to raise money for Special Olympics, or the kids who spend hours preparing for the Relay for Life to help raise money for cancer. I’m even thinking about the kids that I see late at night, bagging groceries at the Durham Marketplace or volunteering on their local fire departments, or taking night classes to try to get their diploma. These are

all good kids who are part of our community and they deserve more than just to get noticed when they’ve done something bad.

I’m a journalist by nature. I look for the scoop, the scandal, the juicy headline that sells newspapers. But, the problem is that this approach is a distortion of reality. Nice doesn’t sell. Nice doesn’t even grab our attention. The next generation is a victim of that, as is every next generation. The real scoop is much less sensational. To those who don’t have the real scoop, here it is:

It’s 7:30 and I’m approaching the door, a coffee in one hand and my bags in the other. A teenager cuts in front of me and opens the door for me. They smile and I smile back. “Thanks,” I say. “No problem,” they say.



Anna Reed
Features Writer

Seriously, Just Take the Bus.

Kids, you have to start taking the bus. Unless you have earned the right to ride your car into school every day, or you have a commitment after school that forces your parents to pick you up, you have no excuse. I am sick of hearing kids in this school whining or being embarrassed to take the bus, because it’s dumb. If the worst thing that happened to you today is that you had to take the bus home from school, congratulations, you are having a great day.

Let me start off by saying that I am not a hippy. This isn’t my cry for the environment, that’s not my angle here. I am just saying these things as a senior who has worked up to the privilege of bringing her car to school every day. I spent my freshman and sophomore year taking the bus, dealing with the screaming middle-schoolers, I had a car some of junior year but the rest was spent riding the bus, and even for a couple months in senior year when my parents needed my car, I took the bus. Why? Because it’s there. Because I don’t have to pay for the gas. Because my parents are paying for the service of busses. Most of all because I am mature and could care less. Maybe it’s just me, but taking the bus is not a big deal, and is a hurdle you have to go through as an underclassman.

To the kids who stand outside at the front of school after every day waiting for mommy or daddy to come pick you up: You need to stop. You are wasting their gas and their time having them pick you up just because you don’t want to take the bus home. I understand if you have,



Busses waiting patiently in the bus loop after school, begging for students to get on board.

for example, a doctor’s appointment where you need a ride. That’s a completely legitimate reason to get picked up after school. But if you are doing it because you’re “too cool” to sit on the bus for 15 minutes then you need to re-evaluate yourself. What are you going to do when you go to college, without a car, and you’re forced to take public transportation? Are you going to call your mom to chauffeur you around town? No. You’re most likely going to take the bus. It’s the same thing here. You need to stop relying on your parents and just use the services provided for you.

To the kids who get their licenses in sophomore year and decide that it’s a good idea to drive to school and park on Coe Drive without a parking pass: You’re just plain rude. You do not get to park at the school; you don’t get that privilege yet. I don’t care if you have a car, juniors have paid for their parking passes and they get to park there, it’s really not even a discussion. I remember being a junior and having to race for a good parking spot, but then I would see a sophomore being parked right in front of me, and it was just crap. Wait the year and then get your parking pass; It’s not that hard.

So for all the kids who get rides home from their parents when they could be taking the bus: Suck it up and take the bus. For the kids who park on Coe Drive without a parking pass because they don’t want to take the bus: Carpool, or suck it up and take the bus. And lastly for the younger siblings of juniors and seniors, who think that we are going to wait all day to drive you home (I am talking to you, Michael), Take the bus.



Caitlin Olson
Sports Writer

Feature Sport: Yoga

Starting out in the downward dog you progress into the plank which then leads into warrior pose one, two and eventually three. As you go through these motions you focus on your breathing counting the breaths; in through your nose and out through your mouth. You are in the ultimate relaxation mind set, but do you truly know what yoga is? Do you know where the moves came from, or even how yoga came about?

Yoga has a long history dates all the way back to 1000-5000 BC when it was practiced by the Indus valley civilizations. They practiced yoga to expand spiritually and to become one with Brahman or God.

Yoga is mainly practiced today as an exercise in the US and it's for a reason. Yoga is a very relaxing way to sooth the stressed soul and it will make you more flexible and focused the more you practice. Here are a few moves to practice on your own to become more focused and relaxed.



The King Dancer Pose (Natarajasana)



Warrior I (Virabhadrasana)



The Pyramid Pose (Parsvottonasana)



Lotus Pose (Padmasana)



Revolved Side Angle
(Parivrtta Parsvakonasana)



Downward Facing Dog
(Adho Mukha Svanasana)



Eagle Pose (Garudasana)



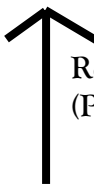
Supine Spinal Twist
(Supta Matsyendrasana)



Camel Pose (Ustrasana)



Revolved Half Moon Pose
(Parivrtta Ardha Chandrasana)



Pigeon Pose (Eka Pada Rajakapotasana)



Upward Facing Dog (Urdhva Mukha Svanasana)



Tree Pose (Vrksasana)



Culture vs. Sport: Snowboarding Going Mainstream

As an athlete there is no higher honor than winning an Olympic medal. It’s a time when the athletes aren’t only in it for themselves, but for their country. The significance the Olympics have around the world is immense. Axel Sjöstrand, a junior exchange student from Sweden says, “In Sweden everyone watches the Olympics especially hockey.”

Snowboarding is a relatively new event to the Olympics, first introduced in 1998 at the Nagano games. However, the events are run by the FIS (International Ski Federation) and they consider snowboarding to be a discipline of skiing.

Seabrook, New Hampshire native and 2010 Olympian, Scotty Lago talked about how the Olympic process works. “There are five Olympic qualifiers and they take your best two finishes of the five. I

got a 3rd place finish and a 7th place finish; I’m thinking I’m going to have to get another podium to make the team.” In order to qualify for the trials you have to place in the top 25 in the FIS World Cup rankings. Since Lago has qualified for the Olympics with two 2nd place finishes. This is Lago’s first Olympic games. In 2006, he was an alternate but chose not to go and competed in other competitions instead.

There has been some bitterness in the snowboarding world towards the FIS and Olympic process. Before the FIS took over there was already a snowboarding federation known as the International Snowboard Federation (ISF) however the International Olympic Committee (IOC) chose the FIS to direct the snowboarding events. Terje Håkonsen was debatably the best half-pipe snowboarder prior to ’98 Nagano Games; however, he and many other snowboarders chose to boycott the games due to the IOC. Lago explains why, “The way the Olympics are held are not the most legitimate contest. The judging is way different.” Unlike figure skating the judges have no idea what kind of tricks the contestant is going to do. If they do the judges have seconds to decide what to score it. They are trying to put restrictions to make it more regulated, but it takes away from the spontaneity snowboarding flourishes on. “It’s becoming more of a mainstream sport compared to the culture that we’ve loved,” says Lago.



The official logo for the 2010 Vancouver Winter Olympic Games

In a sport that prides itself in individuality, the aspect of being on a team is new. Snowboarding thrives on its creativity and making it your own. However, it isn’t a selfish sport and most of the fun comes with others. Oyster River Senior Steven Rubinstein says, “I ride with the same crew every weekend and we are all kind of feeding off of each other to some extent so I mean, while as far as progression and stuff like that goes it’s individual, but I would say that there can be social/group/team aspects

with regular snowboarding.” Jaron Thibault, who works at Bolton Valley in Bolton Valley, Vermont agrees. “It’s a sport definitely. But it’s not like football or anything, it’s all about getting better and having fun.”

Snowboarding and skiing have not always been on friendly terms, as seen in the classic Disney movie, Johnny Tsunami. Snowboarders were not allowed on many mountains and are still not welcomed at some today. Since the FIS is now governing snowboarding does that mean relations have improved? “Well I feel like skiing has always been way more stuck up and always looked down on snowboarding. In general the ski industry thinks itself as a sacred tradition while snowboarders just get in the way with their terrain parks and stuff,” says Junior Joseph Fletcher who is an avid skier. Senior Alex Meissner, who also skis has a different outlook. “I think that the ‘skier vs. snowboarder’ rivalry is nonexistent. They’re all friends.”

Rivalry or not, for now many snowboarders have come to terms with the FIS and IOC but not because of the structure but for the Olympic glory. “There’s a lot of hometown support, it’s a different game once you make the Olympics,” says Lago. Representing the United States is Lago’s biggest motivation for striving for the Olympics. “There is a lot of pressure. Snowboarding hasn’t ever been on the main stage. Last Olympics my mental game was my weakest spot. I’ve been going to a sports psychologist over the summer and reading some books. I gotta be strong and have no negative thoughts.” Snowboarding fan Matt Hails looks forward to the seeing Olympics and Lago, “Lago was sick at the X Games and I’d love to see him in the Olympics because he has a lot of talent.”



Olympic hopeful Scotty Lago getting some absurd air



Senior snowboarder Steven Rubinstein getting some big air off a jump



Disney classic Johnny Tsunami starring Brandon Baker

Pictures courtesy of Google images.



Hannah Allen

I Need \$8,100 to Save Lives

Every five minutes, someone in the United States learns that he or she has leukemia, Hodgkin or non-Hodgkin lymphoma or myeloma. Every ten minutes, someone dies of blood cancer. Cancer changes the lives of millions every year, and with the generosity of others we can help find a cure.

On June 12th I am participating in a sprint triathlon in Hyannis Massachusetts through an organization called Team in Training which helps fight Leukemia and Lymphoma. The triathlon consists of a ¼ mile swim in the ocean, a 10 mile bike and a 3.5 mile run.

Together my dad Paul and my oldest sister Elizabeth and I have to raise a total of \$8,100 in order to take part in the triathlon. Between school, work, training and raising money we all have our hands filled for the next few months. I hope that you will take this opportunity to help find a cure by sponsoring me and my family in this event. Whether it is a \$5 donation, \$100, or even just helping spread the word, I ask for your help and support.

You can make donations online by visiting our team website at <http://pages.teamintraining.org/ma/Hyan-nisT10/eallen5zsf> once you get there click on “visit team site” and you can make your donation there.

Thank you for your support in this life changing experience!

The Slapshot: An Epic Amount of Food



Gabby Brodeur
Sports Writer



As part of my preparation, I interviewed the only other person I knew who had tried it: Danny Duval.

Were you scared before attempting the Slapshot?
Scared? Nah, I thought I was going to beat it easily...I guess I was very wrong there.

What was going through your mind when you were trying to finish it?
I wish I had decided to put ketchup on the burgers, they probably would've tasted 10 times better... without it, they just tasted horrible.

Do you have any advice for me when I try it?
Put ketchup on the burgers. Work out before. I found out that one of the people on the wall of fame is actually on one of the swim teams that I compete against, and he told me that he did nothing extraordinary, he simply swam three miles prior to taking the challenge..And beat it.



The Slapshot in its entirety.



Clearly ready to begin feasting.

Before I start, the food arrives and I'm a little intimidated. The food covers an entire tray and is piping hot. I'm starting to regret my decision, but here we go!

2 minutes in: These burgers aren't as bad as I thought they would be. The only problem is the super dry buns they're trapped in. The fries are my favorite, and even the milkshake is good. I might be able to do this.



6 minutes in: Not even mildly full yet, but the burgers have cooled off a lot, and lost some flavor. I know it's going to start getting hard soon...I have a new strategy, putting the fries on the burgers; hopefully this will help me eat faster!

10 minutes in: The burgers now taste disgusting. They are dry yet greasy, and the buns taste like dust. My milkshake is about halfway gone, and is still tasty, which is good.

18 minutes in: Just passed the halfway mark...I feel like I have visibly expanded to make room for this ridiculous amount of food. I finished the milkshake, now my reward for scarfing down the burgers is gone.

24 minutes in: This is TERRIBLE! I have to force myself to chew, this feels like torture. I have resorted to drenching everything in ketchup, which usually would be enough. Right now, I don't think I'm going to finish.

29 minutes in: I've given up, now I have settled with munching on the few fries left. I have five burgers left, and a couple fries. The guy comes over to take my picture, and seems disappointed, but lies and tells me he is impressed.



The final product, after 30 minutes of furious eating.



Full and defeated.

The Aftermath:
It hurts to laugh. Walking back to the car left me with a wicked stomach ache, I wonder if I should even be driving. I recline the driver's seat and pass out for a couple minutes. This has been a long day.





Caitlin Olson
Sports Writer

Penguin Plunge “Freezin’ For A Reason”

Imagine sprinting on the beach in the winter toward the frigid 20 degree ocean water with the intention of running and splashing right into the water. This is what a large group of people plan to do on February 6th and 7th, 2010 in order to raise money for the Special Olympics. Would you be able to take on the challenge?

The Penguin Plunge is one of the major fundraisers for the Special Olympics and it supports the 3,500 special athletes of New Hampshire. The high school version of the Penguin Plunge usually donates about \$30,000 whereas the official statewide Penguin Plunge raises close to \$300,000.

One of the people you may know who takes on the challenge pretty much every year on his own and for the cause is Oyster River’s Robert Heuchling. “Well every New Year’s Eve I go to Wallis Sands and jump in,” says Heuchling. Last year was his first year participating in the official Penguin Plunge and he plans on doing it again this year. “I do it because it’s a wonderful cause and it really changes your outlook on things and makes you view things differently,” explains Heuchling. “Helping the athletes allows them to feel good and the whole thing is a very positive experience.” A lot of people are afraid of the chilly water but Heuchling feels that it isn’t so bad, “The toughest part is just waiting to be let in while everyone lines up,” he explains. “Standing on the frozen sand is the worst part!”

Every year there are themes to the event, last year it was Mardi Gras and this year will be Circus themed. There is a minimum requirement of money that has to be raised for the event which is \$150 but participants are welcome to raise more and they usually do.

You also have the option to sit out and stay in the “Chicken Coop” if you’re too scared to go in. Last year Joan Schaeffer decided to stay out, “I had to dress up like a chicken and danced around in all yellow while I watched everyone run in,” she explained. She had just as much fun as the rest of the swimmers did but stayed warmer.

Senior Carol Messler has decided to take on the challenge this year, “I do it to support the cause, it raises a ton of money each year that benefits people like my sister,” says Messler. “Plus it is fun and when you do it with kids from your school everyone benefits.”

In the end there really are no disadvantages to participating in the event, only a positive outcome if you decided to dive. “The Special Olympics is an awesome program and gets totally underestimated until you have been to one of the Olympic events,” says Messler. “There is only happiness at these events and it is especially joyful to be a “hugger” at the end of the race to congratulate them. Everyone should really try to do it once because it is such a great opportunity and a service for the community.”



Photos courtesy of Mrs. Schaeffer

Sports Reviews

Girls’ Ice Hockey

The girls’ hockey team has had little recognition for their efforts over the past years even with their rankings. Last year they had a very strong team but also lost some very strong players. “This year the team is very young & we have a lot of new players,” says Team Co-Captain Liz Madden. “But we are still a strong team. We lost a few seniors last year and our biggest obstacle this year is our lack of numbers.” This year’s team has a lot of experienced players and hopefully we will keep improving and be able to play well against any team.

Record as of 1/30/10 - 5-3

Boys’ Ice Hockey

The boys’ hockey team has changed drastically from last year to this year losing **five** seniors and even junior Ryan Randall, but they still manage to play a good game. Their biggest rivals are Spaulding, Dover, and Timberlane because they have always had big games against them and they never know the outcome. Jamie Wilkinson and Sean Leahy are the captains this season. “This year we are solid but we did lose some key players last year,” says Wilkinson. “Ryan Randall, Ben Rollins, Dave Wilson, and Chris Butterfield were huge losses but we were able to fill those roles in this year.” The goals for the team this year are to keep the consistency in the effort and play that the team has been showing in recent games.

Girls’ Basketball

The girls’ basketball team this year has been drastically changed from last year. “It is a very different team from last year, not having Jill has made other players step up,” says teammate Carol Messler. “We definitely came out with a target on our backs by winning it all and compared to winning states is sort of impossible.” The team did lose some great players last year. “Bethany had great size, Devyn was a ballin’ guard and Jill was...Jill,” says Messler. The team this year has had a few rocky games but hopefully will get all of the kinks out because they are aiming to finish strong in the standings for the tournament. Losing to the other Seacoast teams like Coe-Brown and Portsmouth has definitely made the team want it even more. It was such an amazing feeling for the team winning last year against Hanover. “I really hope that we can find the want to win again because it is really nice coming out on top,” says Messler

Record is 6-3, standing: 10th

Capt: Bekah Schuman, Elise Contas, Emily Sherry and Danielle Walczak

Swimming

The boys’ and girls’ swim team are excelling this year. Senior swimmer Danny Duvall says, “The season is going pretty well. No doubt, everyone is practicing hard and working hard in meets. The meets we’ve had so far haven’t really displayed our team’s full potential...but I’m sure that by the time States come, we’ll be ready to ‘prove ourselves’.” It has been a record breaking year for Junior Tom Duvall who recently shattered the 500m freestyle school record.

Girls’ Track

Though the girls’ track team lost their old point winner to graduation last spring, they are still having a strong season. The team maintained many veteran seniors, and gained some new very fast freshman. The girls hope to beat their main rival Milford in the NHIAA state meet on February 7th. “We have a lot of young runners who have really excelled over the course of the season, and are really contributing to the points we’re getting. It’s also nice to see some new hurdlers, since those are hard to find.” said Senior Captain Hannah Allen.

Captains: Hannah Allen, Alyssa Johnson, Gabby Brodeur

Young athletes to watch: Kayli Igoe, Mandi Lathrop

Biggest Rivals: Coe Brown and Milford

Boys’ Track

Since their State Championship win in 2007, the boys track team has been a little lackluster. But with a new generation of runners returning to the team, the boys are on their way back to a very solid team. Although they lost some key seniors last year, the team looks like its back on its way to full strength. They will also be competing at the state meet on the 7th.

Captains: Daniel Olken, Matt Webber

Young athletes to watch: Ethan Druskat, Ryan Brady, Alex Johnson

Biggest Rivals: Coe Brown and Dover

Boys’ Basketball

Though they lost some good individual players, boys’ basketball seems to be more of a team this winter. The boys are looking strong this year, and are looking to take on Pelham, Portsmouth, and Milford in the Final Four.

Captains: Donovan Kelley, Jack Nadeau, Tommy McDonnell

Score as of 2/15/10 :7-2

Biggest Rivals: Portsmouth and Milford

Sports Updates

Congratulations girls’ and boys’ indoor track teams who finished 8th and 12th respectively in team rankings at the class I indoor track championships at Dartmouth, additional congratulations go to Marina Slavin for the 3000 meter and Gubby Noronha for the 1000 meter first place finishes class I champions.

Boys’ varsity Ice Hockey defeated Spaulding 3-2

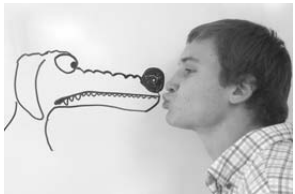
Girls’ Ice Hockey beat Souhegan 8-0

Boys’ and girls’ Varsity Basketball both defeated Hollis Brookline

Wrestlers Jeff Cole and Noah Howard for their wins at the Franklin twin rivers classic individual tournament

Go bobcats!





Donovan Kelley
Sports Guest Writer

Hometown Hero

On a cold winter Sunday, two brothers skate off the ice after a long day of pond hockey. This is a very familiar scene for the Burke family; brothers Greg and Brad freeze their backyard over every year using nothing but a tarp, borders and a garden hose. Greg Burke is now a freshman here at UNH, getting quite a bit of time at left wing “We used to play one on one a lot, I guess you could say that he is the main reason why I play defense now,” said brother Brad Burke. Everyone always says ‘practice makes perfect’ well perfection isn’t very easy to reach but Burke has come very close to perfection in the eyes of his friends, family and teachers here in Durham, New Hampshire.

Many people dream about playing a college sport for their hometown. Well this dream came true for Burke. Growing up in Durham and going to Oyster River High School has definitely made playing at UNH a lot more enjoyable for Burke. “It was always a dream of mine, and now that it is really happening, it’s a bit surreal” said Burke. Burke grew up watching the UNH Men’s Ice Hockey team, wondering if he would ever play for coach Umile. Very few people are given the opportunity to play division one college hockey and even fewer can play for their hometown. “I would have loved doing that, I can’t even imagine how much he must enjoy that,” said Captain of the Wildcats, Bobby Butler. This must have made the recruiting process a bit easier for Coach Umile also. Turning down a ‘hometown hero’ is almost impossible to do; especially one that has the skill that Burke does. “This has made my college experience so much fun. I mean, I always knew he would play at a top level, but I never thought he would be playing in our hometown and the college I go to,” said good friend and Oyster River graduate Neil Lofgren.

“Greg is just a great kid who works his tail off,” said Butler. Butler is another player that is almost impossible to criticize. This year he leads the team with 29 points so far. No matter who you are talking to, whether it is Butler, Coach Dick Umile or friend Ryan Randall, one word that always comes up when talking about Burke is dedication. As you can see when watching him play hockey, he is a tough nosed player who will do anything to win. You may not see Burke leading the stats in goals, but his physicality and determination is exactly what the team expects out of him. Burke’s dedication doesn’t just stop on the ice either. “His hard work in the weight room is a great motivation for the rest of the team,” said Butler. This is very obvious through his style of play; Burke’s physicality is hard to match on the ice. “Greg’s size will definitely help his chances of making into the NHL,” said Coach Umile.

When you are building a team, you really need guys like Burke; not saying dedication and physicality is everything that matters. This was clearly shown in a few games this season. On December 4, 2009, Burke had the game winning assist to teammate Blake Kessel in the third period. Burke also scored against Maine, putting them up one, resulting in a 5-2 win. “That goal gave us the energy we really needed,” said Butler. After hearing all of these qualities and scenarios of Burke, one might wonder where he would stand as a senior. In fact, both Butler and Coach Umile could definitely see Burke being a captain, come senior year. Jamie Wilkinson, captain of the High School team, looks to Burke as a role model. “From what I have heard, Greg works out extremely hard in the weight room, I try to spread that mindset amongst our team,” said Wilkinson. “I’ve always known him to be a great leader, on and off the ice,” said friend Ryan Randall. Randall is another young player who is looking to play college hockey and has said that Burke is a great inspiration for him. “I mean playing for the Junior Monarchs just like he did is a good feeling in itself,” said Randall.

So where will Burke be in 4 years, once he is done playing at UNH? Liberal Arts may be his possible major but Burke has bigger and better plans. In 2008 Burke was drafted by the Washington Capitals in the sixth round (174th pick overall). Burke is turning more and more into a ‘hometown hero’ as the years go on. “The idea of my brother playing in the NHL is unreal, it makes me really proud to be his brother,” said Brad. Burke is an incredible inspiration to the community and as you can see his teammates feel the same way. Some used to say that Keith Friel was the most successful athlete to come out of Oyster River. He was an incredible player, but it looks like there is a new man in town. Burke is now bringing more spirit to our school and community and could hopefully continue to do so as a professional athlete.



Image courtesy of NH Junior Monarchs



Burke bodying up a Northeastern player.



Best Sports Jerseys



By Josh Park



jerseylinks.com

Portland Blazers

From time to time the Portland Blazers have donned some of the best jerseys ever. They utilize three different colors black, red and white. Their logo is one of the best logos in league. The black and red stripes that they use on their jerseys are very nice. Like the Celtics they have kept the style relatively the same and are smart in doing so.

Celtics

The Celtics jerseys haven’t changed much from time to time with only minor variations every once in a while. However, the foundation remains. The green and white color combination works well and it represents the Celtics’ Irish origin. A classic design like this one needs no tweaking or “modernization”. This jersey is a perfect example of “if it’s not broken, don’t fix it.”



forums.nykfp.com

Golden State’s “The City” Jersey

The 1962-1971 San Francisco (now Golden State) Warriors jerseys are classic. Definitely the freshest threads ever rocked in basketball. Simply put they are the best NBA jersey ever. It’s very simple yet sophisticated at the same time. At first glance you can immediately recognize its classic yet modern look. It’s a very unique way of placing the numbers. On the back the number is placed in a trolley-like vehicle and on the front its place in the middle of a circle above a bridge. This jersey not only looks good it fully encompasses the area they are from.



goldenstateofmind.com



milwaukeechiro.com

Dallas Cowboys

“America’s Team” also has one of sports best jerseys. The jersey exudes greatness. The silver/blue/white combo. Much like the jerseys above the Cowboy’s jersey is a timeless classic with very little changes through the course of the team’s lifespan.

Yankees

I don’t like the Yankees. However, their jersey is undoubtedly a classic. The pinstripes show what the Yankees are all about. Once you’re a Yankee you don’t ever look the same in other uniforms.





MOR Overheards - Issue 3

- “You’re distracting too many people with your pickle video!” - Mrs. Kucera
- “All I said was ‘slutty’ and everyone comes running” - Mrs. Kucera
- “I’ve seen fat babies before... but damn, they are FAT babies!” -Hannah Allen
- “You can get a buff chick on your own time.” -Mrs. Kucera
- “I wish I had four bags of clay instead of my four children.” -Mr. Lawrence
- “She is a true friend if she’s willing to pull out your eye boogers for you.”- Anna Reed
- “You can’t recommend people ‘do the nasty’ in your article, Gabby!” -Mrs. Kucera
- “ “My three-hole punch just vomited holes all over the place.”- Hot Donna (Ms. Ricker)
- “What is Epcot? A type of cheese?” - Marisa Kang
- “Wow Mr. Hausman, you’re looking real promiscuous right now.” -Alex Buck
- “Say fudge, it’s a fun word.”-Dave Jasinski
- “I don’t care if her arm has lumps on it right now.”-Ashley Dupont

THE ROCK MUSICAL “BYE, BYE, BIRDIE” TAKES ORHS BY STORM!!

Mark your calendars for May 6th, 7th and 8th! Mrs. Freeman-Caple is directing the musical this year! She is joined by Mrs. Kathy Fink, an alumnus of ORHS who will be doing the music direction. Over 40 students have auditioned and will be cast by the time we go to print. This is one you DON’T want to miss!!!The following is a brief synopsis:

It's the late 1950s and teenagers from across the United States are going crazy for the handsome rock star, Conrad Birdie. Meanwhile, Albert Peterson, his manager is going into debt and has staked his financial future on Conrad's success. Albert's secretary, Rosie, is increasingly frustrated with the time and money Albert is losing on his project. Disaster strikes when Conrad receives a draft notice to join the military. Thus, Albert attempts to stage a farewell party for Conrad in which he is to kiss one lucky fan on the Ed Sullivan Show before he leaves for the army. Kim MacAfee, from Sweet Apple, Ohio, is the lucky girl chosen to be kissed. But conflict arises when her boyfriend, Hugo Peabody, gets jealous, and Rosie becomes fed-up with the abusive treatment she receives from Albert's mother. Eventually, things turn out ok. Kim and Hugo resolve their problems and Albert agrees to leave managing, become an English teacher, and marry Rosie.